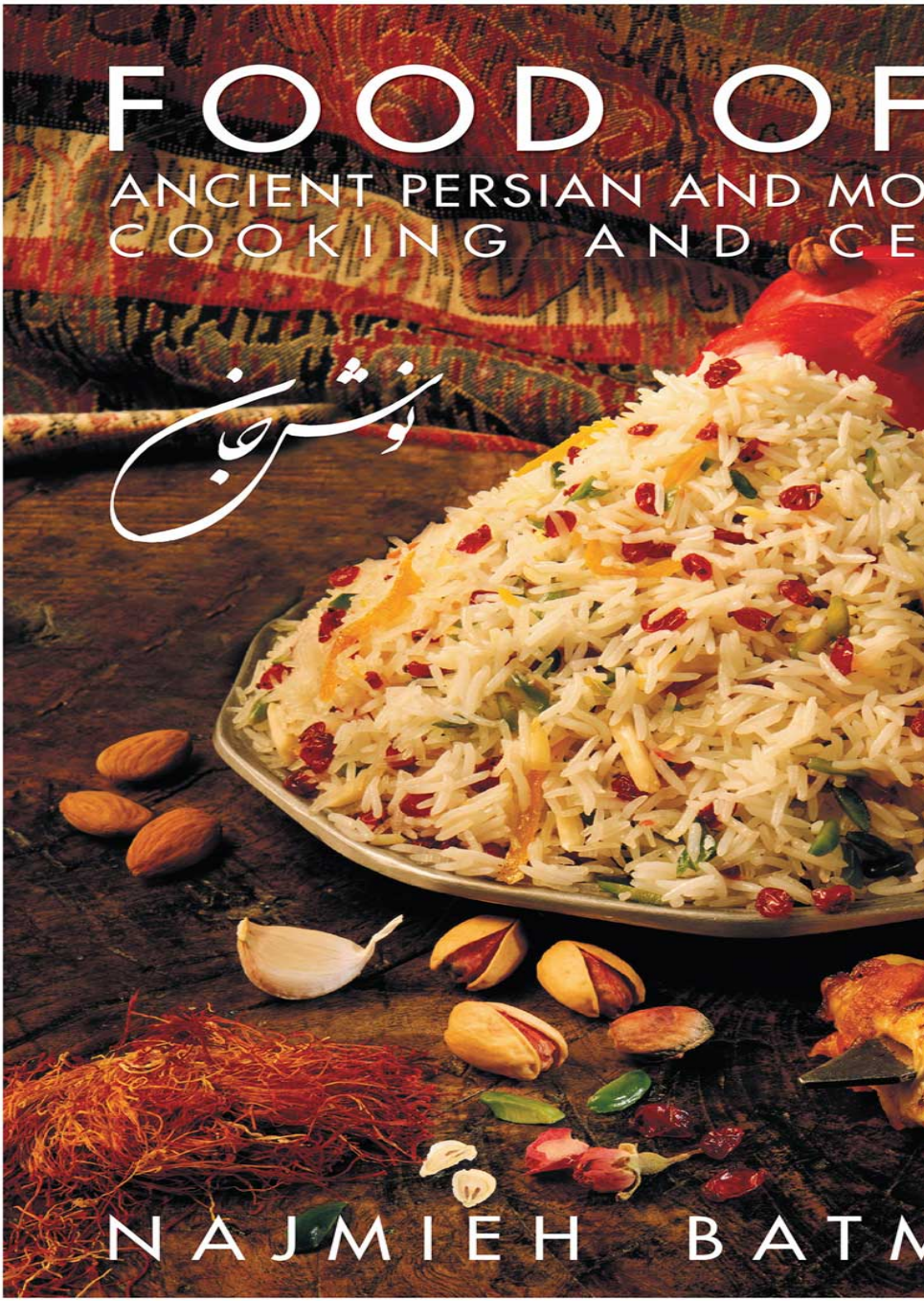

FOOD OF
ANCIENT PERSIAN AND MO
COOKING AND CE
نوشجان
NAJMIEH BATM

FOOD

2

MAC

Copy
Ackn

All rig
MAGI

CHEV

WWW

Libra

Batm

Food

p

Inclu

ISBN

1. Co
TX7

641.

ISBN

ISBN

ISBN

Hard

To th

To fa
Was

But t

Is to

—Bo

روزه داری و قناعت پیشه بود ولی

چشمکی میزد آن مرغ و فنجان که میپرس

7

Plea

Non
Thes

I wa

AS

Follc

ON

9

9

ON U

PREF

A FEW

APPE

SOU

DOLM

KUKU

MEAT

RICE

BRAI

DESS

BREA

PRES

HOT

SNAC

HOW

CERE

APPE

A Fe

A Gl
Usef

Mot

Pers

Engl
Glos

Men

Equi

Irani

Page

ACKN

INDE

STOR

Old

The
The

A Po
Hot

Duck
The

Men
Eatin

If a P
How

Journ
Eatin

The
Cat &

The
Groc

The
Fair

Mem
A Sw

Verb

The

An U
The

Poet King

Seve
The

Jams
How

Wine
The

CO

FOOD

10

11

Food

I hav

I hav
Persi

The

PR

FOOD

12

And

Thou

For u
It tal

Incre
Whe

Irani

13

PREFA

strai

I hav

Whe

First

15

Oil C

I am

SALT

I COO

FRES

I sug
Skil

Whe

TAST

It is

A F

مختلفات

نقل می

FOOD

18

19

AP

19

AP

YOGU

YOGU

YOGU

YOGU

YOGU

YOGU

YOGU

YOGU

YOGU

EGGP

YOGU

CHEE

CASP

CASP

RED

CHIC

KASH

EGGP

EGGP

SPLIT

CHIC

SAUT

TONC

SAVC

LAMI

BRAI

LENT

LENT

CUCU

CUCU

TOMA

FOUR

PERS

CAVI

FOOD

20

21

Nan

Vario

Bow

All tl

FOOD

22

OLD

One

He s

23

APPE

THE

The

In 19
A we

Thro
In Ira

FOOD

24

Yo

Make

Prepa

1. In

2. Co
3. Ga

VARIA

Shira

Yogu
Mas

4 Pe

½ Cu

3 cup
¼ cu

2 tab

2 tab

2 tab

1 tab

2 tab

2 clo

¼ cu

1 tea

½ te

GARN

½ te
2 tab

1 tab

NOTE

Drair

25

APPE

FOOD

26

Yo

Make

Prepa
Cook

1. He

2. In

VARIA

Add

Bora

4 tab

2 oni

2 clo

1 pou
¼ cu

¼ cu

1 tab

1½ c

1 tea

¼ te

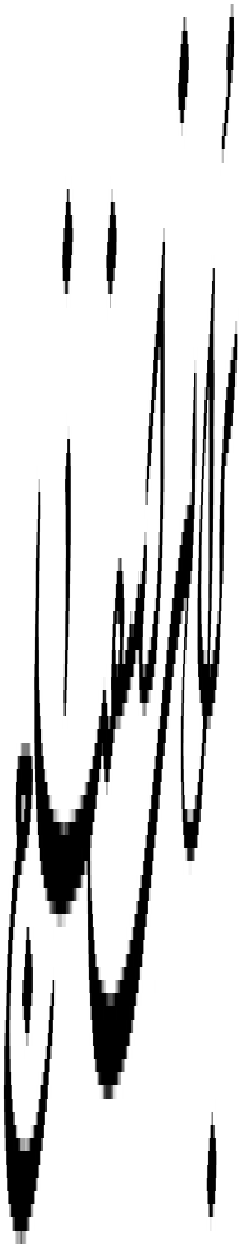
1 tea

1 tea

1 tea

GARN

¼ te



1. Ch

2. In

3. Se

VARIA

Yogu
Yog

4 or

2 spr

2 tab

2 tab

2 tab

1½ C

½ te

¼ te

2 tab

Make

Prepa
Bora

27

APPE

FOOD

28

Yo

Make

Prepa

1. So

2. Co
3. Se

NOTE

Calle

Mas

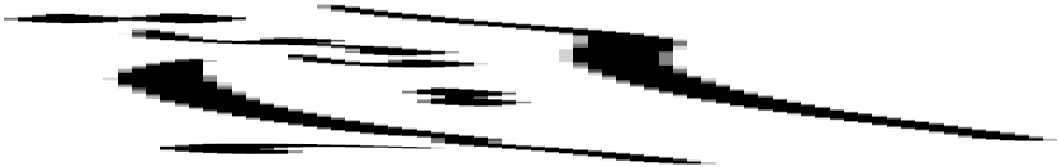
1½ C

4 cup
1 tea

½ te

1 tab

1 tab



1. Ca

2. Dr

3. He
4. Tr

5. Se

Yo

4 or

1½ t

2 tab

1 clo

¼ te

⅛ t

1 cup
table

Make
Prepa

Bora

29

APPE

Yo

Bora

3 pou

¼ cu
1 oni

4 clo
½ te

½ te
2 tab

½ cu

1 cup

1. Fo
2. He

3. Ac

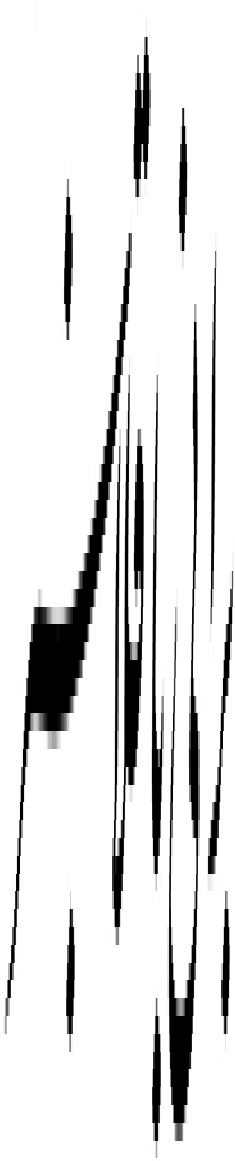
4. Ac

5. In

Make

Prepa
Cook

plus



Yo

Bora

1 cup

8 cup
2 tab

1 sm

2 clo

1 tea

¼ te

1 cup

½ cu

1. To

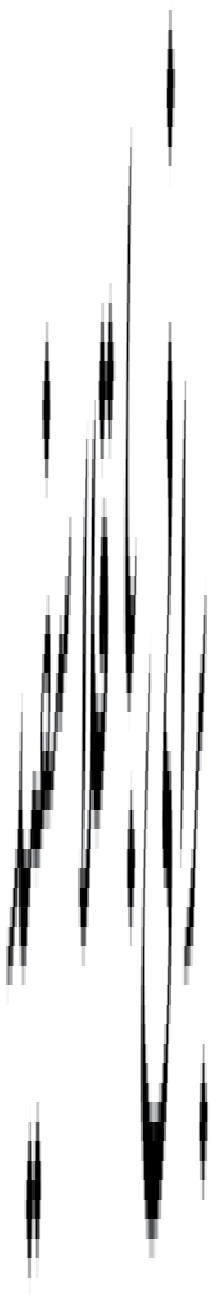
2. In

VARIA

Potat

Make
Prepa

Cook



NOTE

Fava

FOOD

30

Yo

Make

Prepa
Cook

1. To

2. Pe

3. Pl
4. Ju

VARIA

Heat

NOTE

The b

Bora

2½ p

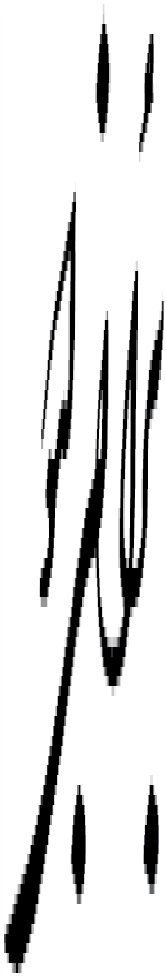
2 tab

1 cup

GARM

2 tab

½ te



Yo

Make

Prepa
Cook

Bora

4 cup

1 clo

1 cup

½ te

¼ te

1. Wa
2. In

VARIA

Rom

31

APPE

FOOD

32

Eg

Make

Prepa
Cook

1. To

2. He

3. Ac
4. To

5. To

6. To

VARIA

Butt

Kash

3 pou

¼ cu
2 larg

4 clo

1 tea

1 tab

1½ t

1 tea

½ cu

½ Cu

GARN

½ cu

¼ cu

2 lar
4 clo

½ te
2 tab

2 tab

½ cu

Lava

33

APPE

VARIA

Yogu

FOOD

34

Ch

Make

Prepa
doyr

½ po
2 cup

2 fre

1 cup

½ cu

2 cup

1 clo

1 tea

¼ te
Juice

½ cu
6-in

GARM

6 Pe

6 lar

1. In

2. Tra

NOTE

To to

VARIA

Chee

35

APPE

My f

Whe

Whe

The

I ask

Sohra

پدرم پشت زنان ها قوه است .

پدرم وقتی قهر است ، آسمان ابری بود ،

پدرم وقتی قهر است ، پاسبان ها همه شاعر بودند .

قهر بقال از فخر پرسید : چند من خربزه می خوابی ؟

فخر زارع ز پدر پرسیدم : دل خوشش پیش چند ؟

FOOD

36

37

APPE

It is R

Rain

With
Vege

Out
We p

Heap
Out

And

Com

Han
And

Of g
And

Each

Yet a

Whe

Feas

And

Beh

Ther
Who

Kora

FOOD

38

1. In
2. Ju

Ca

WAL

1 cup

5 clo

1 cup

1 cup

1 tab

1 tab

1 tea

¼ te

½ ja

1 tea

1 tea

½ cu

½ cu

1 pou

GARM

1 tab

¼ cu

½ cu

3 spr

Zeyt
Make

Prepa

The c

1. In

2. Ju

Ca

DRES

½ te

½ te
2 tab

¼ cu
⅛ te

1 tea

½ te

⅛ te

2 tab

2 tab

SALA

1 cup

1 cup

1 cup

4 Pe

4 sp
2 tab

2 tab

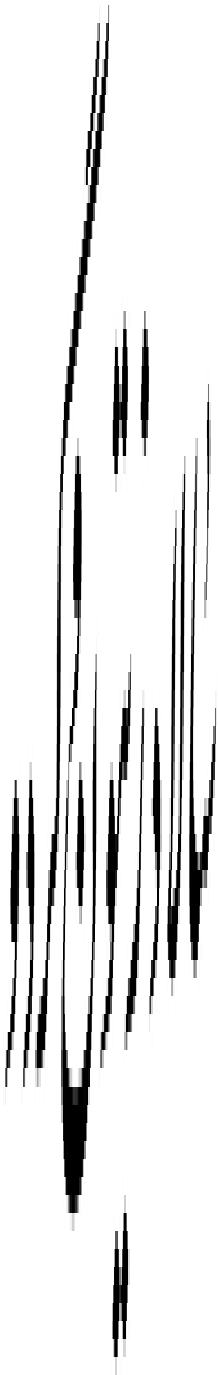
Sala

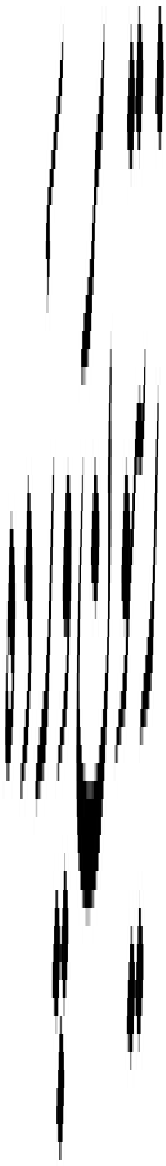
Make
Prepa

Cook

NOTE

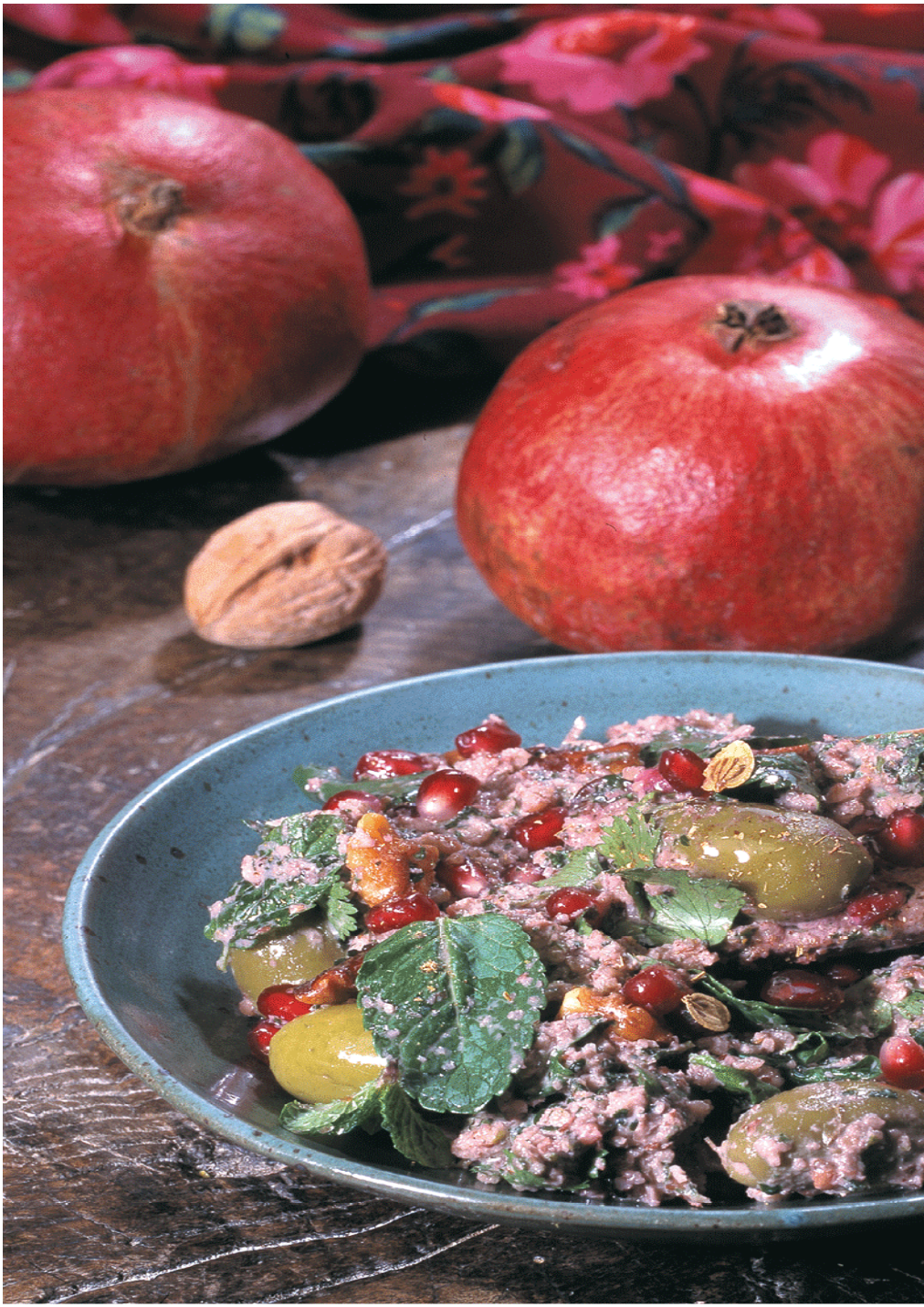
To to





39

APPE



FOOD

40

1. Pla

2. M

3. Ac
4. Ju

Re

1 cup
2 tea

¼ cu
2 larg

2 tab

¼ te

½ te
½ te

¼ te
2 tea

1 tea

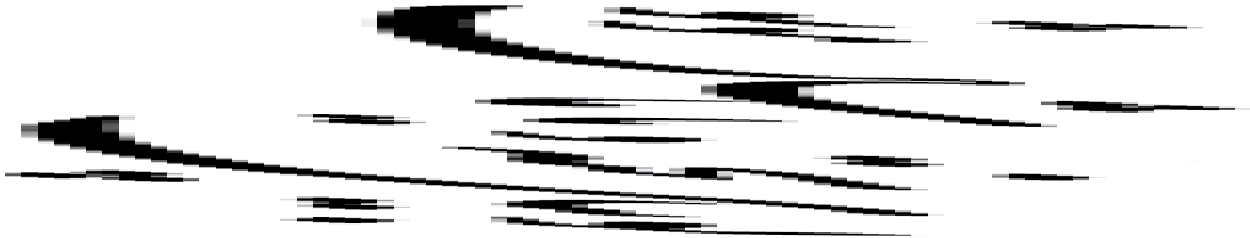
Juice

¼ cu

Make

Prepa
Cook

Lubi



NOTE

If usi

1. If u

2. He

3. Ac

Ch

1 cup
6 tab

1 tab

1 oni

1 clo

½-in

1 tea

½ te

½ te
Juice

1 tab

2 cup

Make
Prepa

Cook
Sala

41

APPE

Eg

Make

Prepa
Cook

1. Rin
2. He

3. Ac

4. M

5. Ke

VARIA

Beet

Kash

8 Ch

1 cup

3 lar
6 clo

1 tea

1 tea

½ te
3 tab

½ te
½ cu

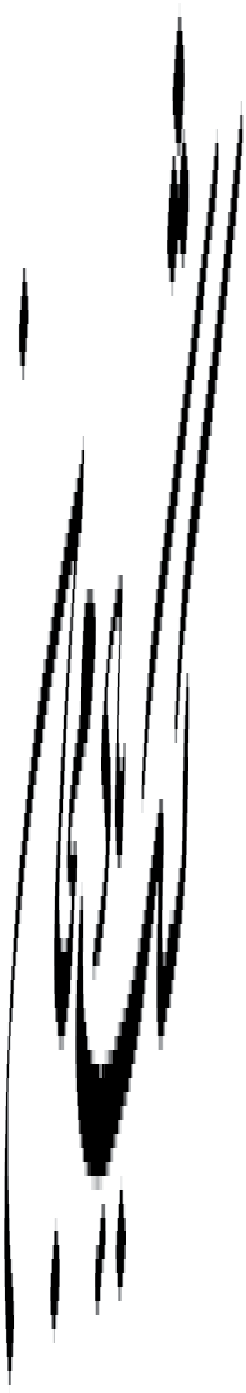
¼ te

GARN

¼ cu

¼ cu

¼ cu



NOTE

To to

FOOD

42

Eg

Make

Prepa
Cook

Yatin

1. Pre

2. Pl

3. In

4. Ba
5. Se

Yatir

VEGE

9 pu
2 zu

1 larg
2 larg

2 sta

4 lar

1 wh

SAUC

½ cu

1 tea

2 tea

1 tea

3 bay
3 spr

GARN

¼ Cu

They
Obey

THE

NOTE

If usi

43

APPE

FOOD

44

45

APPE

1. Pre
2. Pla

3. In

4. Tr

Eg

3 me

½ cu

2 me
2 clo

1 me

1 tab

2 tea

½ te

1 tea

1 tea

½ Cu

GARN

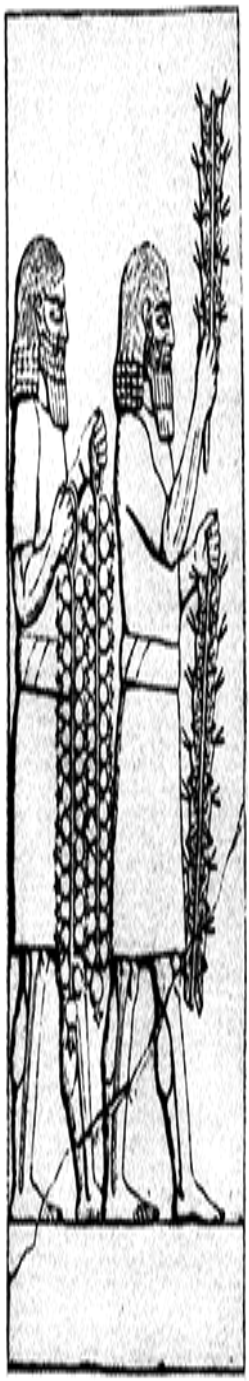
Sprig
Lava

Fresh

Make

Prepa
Cook

Nazk



First

FOOD

46

Sp

Servi

Prepa
Cook

Shar

1 pou

1 me
2 tea

1 tea

1 tea

1 pou
1 tea

½ te

3 egg

2 Cup

GARM

Gree
Fresh

Quiz

1. In

2. M

3. W

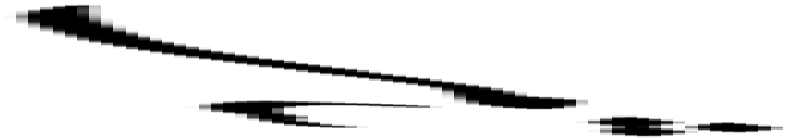
4. In

5. Fry

6. Se

VARIA

Chicl



VEGE

Elimi

VARIA

Swee

47

APPE

FOOD

48

I hav

1. Wa

2. Re

To

TONG

6 lar

1 larg
3 clo

2 bay
4 wh

½ te
½ te

3 tab

BROT

3 tab
1 larg

1 clo

½ po

1 tab

1 tab

1 tea

2 tor

2 tab
Juice

¼ te

GARN

2 tab

Make

Prepa
Cook

Khor

1. Sli

2. In

Sa

1 lam

2 tab

2 lar
4 clo

2 tab

1 tab

1½ t
½ te

½ cu
2 tea

1 tea

1 tea

½ cu

1 tab

Make
Prepa

Cook
Khor

jigar

49

APPE

3. In

4. Ac

5. W

FOOD

50

Sa

It's e

In Ar

DOU

3 pa

SAFA

1 tab

1 oni

2 clo

1 pou
1 tea

2 tea

1 tea

½ te

1 tea

2 tea

1 cup

1 cup

2 cup

1 cup

CHIC

½ cu

1 oni

2 clo

1 pou

6 cup
½ te

2 tea

½ te

¼ te
1-inc

1 tea

2 cup

½ te

1 tea

2 tea

½ te

VEGE

½ Cu

4 rus
1 larg

1 larg
1 cup

½ te
½ te

1 tea

2 tea

½ te
½ cu

EGG

2 egg

SAFA

2 tab

Make
Prepa

Cook

Sanb

HOM

In th

51

APPE

1. To

2. He

3. Or
4. Ba

5. Fo

FOOD
52

لُوْ وَآرْدِ بِرِنْجْ، تِيْلِ رَايِيْ، آرْدِ چَارْ وَالِيْ

نُكْ وَآرْدِ بَادَامْ، خُرْمَا وَآرْدِ بِرِنْجْ، تَمَرِ

تَرِيْ وَبِرِنْجْ، پُوْيِيْ وَآرْدِ بِرِنْجْ، سُوْنْف

53

APPE

A PO

If tha

Best Take

And

Ther

A ca
And

Of co

And

Of fi
A ha

Two
Goo

Ther

Put a

Upon
But,

And

Ther

And

Or, if

Conv
Ther

And

Pour

And

Last,

Whe
And

This

Ishac

A rec

FOOD

54

1. In
2. He

3. Ev

4. M

La

Berij

3 lbs

8 cup
2 larg

3 tea

1 tea

2 tea
3 tab

1 tab

1 tab

¼ te

GARN

1 *sam*

Fried

Fresh

NOTE

Tradi

You c

You c
Make

Prepa
Cook

55

APPE

Bra

Make

Prepa
Cook

Kotle

BRAI

6 lar

1 tab

1 sm
2 bay

½ te
½ te

½ te

BATT

2 egg
1 tea

zest

2 clo

3 tab

DUST

¼ cu

1 cup

1 cup

GARN

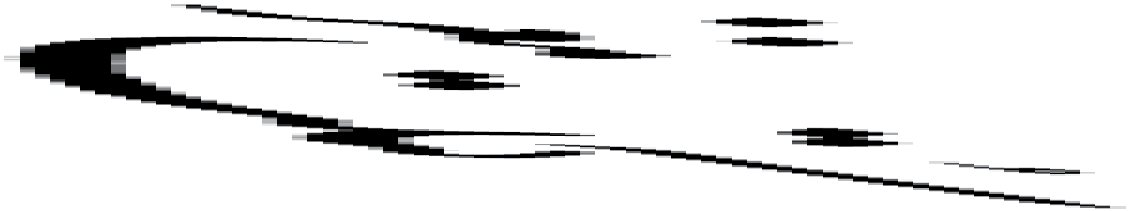
Parsl

1. If t

2. In

3. In

4. He



This i

FOOD

56

Le

Make

Cook

1. Pla

2. In

3. Ac

Adas

2 cup

1½ t

¼ cu

2 lar
4 clo

½ po
½ te

½ te
½ te

1 tea

1 tab

2 tea

½ cu

1 tea

1 cup

Le

Make

Prepa
Cook

1. Pla

2. In

3. Ac
1 cup

DRES

1 cup

2 clo
2 tab

½ cu

1 tea

½ te

2 tea

SALA

2 tab

1 larg
2 Per

1 cel

½ ye

½ re

Sala

NOTE

You c

57

APPE

FOOD

58

Cu

Make

Prepo

DRES

Juice
2 tab

1 tea

½ te

½ te

SALA

½ cu

½ cu

6 Pe
Seed

2 tab

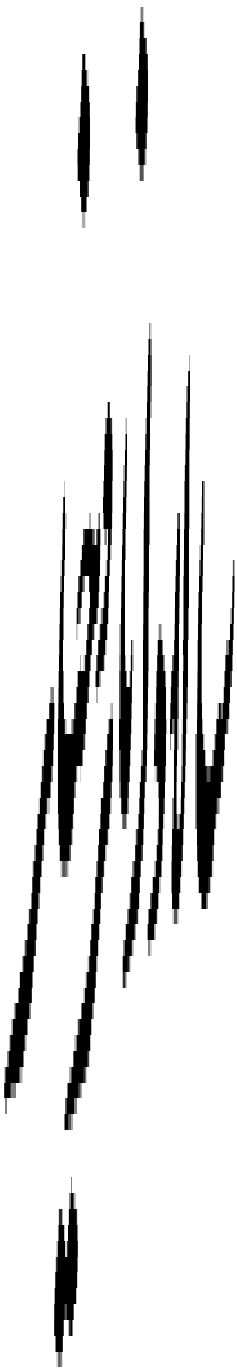
4 oz

This

1. In

2. Ju

Sala



This

1. Pe

2. Co

Cu

6 Pe

½ Cu

1 tab

2 tab

½ te

¼ te

Make
Prepa

Serke

59

APPE

FOOD

60

In Sh

1. Cu

2. Ju

To

2 firr

1 lon

2 spr
3 rad

2 tab

2 tab

2 tab

DRES

2 tab

1 clo

½ te

¼ te

Sala
Make

Prepa

61

APPE

1. Th

2. To

3. To
4. Ju

Fou

4 ror

CARA

1 tab

¼ cu

¼ cu

¼ cu

DRES

1 clo

1 tab

2 tab

½ cu
½ te

½ te

Sala

Make
Prepa

Cook

FOOD

62

Belgi

1. Pla

2. In

3. St

4. In

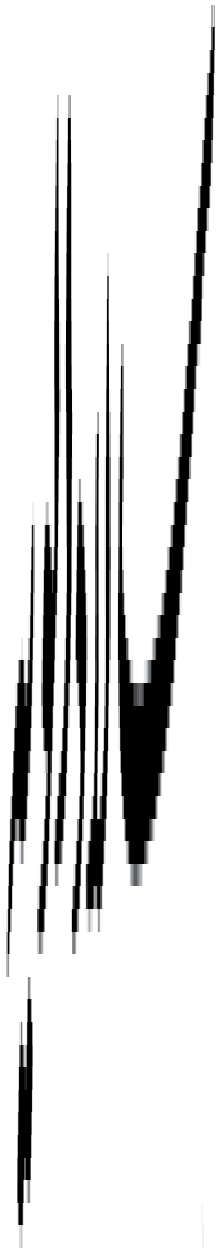
5. Co

6. Tr

Pe

Make

Prepa
Sala



1 chi

1 larg

1 tea

5 larg

4 ca

2 cu

3 ha

1 cup

2 spr
2 cel

3 me

½ cu

⅔ Cu

DRES

1 cup

2 cup

2 tab

¼ cu

¼ cu

¼ cu

1½ t

1 tea

VEGE

Elimi

VARIA

Inste

NOTE

To to

63

APPE

FOOD

64

65

APPE

Ca

Make

Cavi
The

I hav
Cavi

Arou

Khaw

4 ou
Thin

Butt
2 fre

FOOD

68

SO

HOM

TOMA

gush

LAM

CHIC

LAMI

TRIPI

LAMI

KASH

ONIC

PISTA

CREA

BORS

SWE

MUN

BEGC

POM

SPIN

SPIN

GOLD

FLAT

NOO

GOLD

SANA

OAT S

AZER

CURL

NOM

SUM

YOGU

BARL

SWE

EGGP

FOOD

70

70

Photo

71

Most

Oshe

Just

Phot

FOOD

72

4 po

HERE

1 tea

2 bay

1 bur

3 spr

3 spr

3 spr

VEGE

2 larg

2 clo

2 car

2 cel

2 lee

1 par

Ho

Make

Prepa
Cook

1. Pla
2. Bu

3. St
4. Tr

VEGE

Elimi

Gush

My n

1. He

2. Co

To

BROT

2 tab

1 sm

1 tea

½ te
2 tor

1 tea

4 cup

1 pou

MEA

1 me

1 pou

1 tea

1 tea

½ te
½ te

Make
Prepa

Cook
Gush

73

SOUP

FOOD

74

75

SOUP

La

Make

Prepa
Cook

This

1. Pla

2. Ac

3. Us

4. Re

VARIA

Lam

Lam

Abgu
VARIA

This s

2 pou

2 lar
8 cu

1 cup

1 tea

2 tea

½ te

3 lar
4 tor

1 tab

1 tea

4 wh
½ te

1 tea

GARM

1 tea

1 larg

FOOD

76

I was

1. To

2. To

3. To

4. Ju

BROT

8 cup
1 larg

1 ½ t

½ te

½ te
½ te

½ te
½ te

½ cu

chic

Who

2 clo

1 tea

1 tea

1 tea

1 tea

1 tab

1 tea

¼ CU

MEA

½ po
1 oni

½ te
½ te

½ te

1 tea

½ te
½ cu

1 egg

GARN

¼ cu

1 clo

1 tab

Ch

Make

Prepa
Cook

Abgu
VARIA

You c
The r

77

SOUP

DUC

A rel

One

“Cor

“Tha

FOOD

78

1. Se
2. Br

3. Re

4. Pc

La

1 she

4 she

6 lar
6 cup

2 lar
4 clo

2 bay
1 tea

2 tab

2 tea

1 tea

1 tea

Crou

Make

Prepa
Cook

Kalle

This i

Tradi

Tri

Make

Prepa
Cook

1. Pla
2. Re

Sirak

1 pou

6 cup
2 larg

2 clo

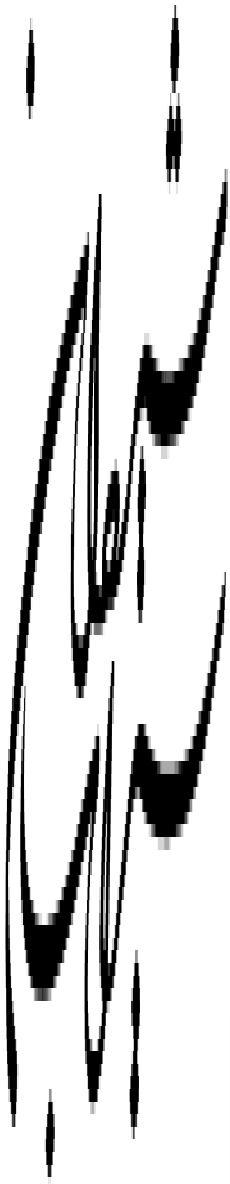
2 wh

1 tea

2 tab

1 tea

½ te



79

SOUP

FOOD

80

1. Pla

2. In

3. Ac
4. Re

5. Re

VARIA

This

La

2 pou
8 cup

2 oni

1 cup

2 tea

½ te

1 tea

3 cup

¾ cu

3 cup

1 tab

3 tab

4 wr
5 lar

1 oni

Make

Prepa
Cook

Abgu

NOTE

If usi

81

SOUP

Ka

1. He
2. Sl

3. Re

VARIA

The
¼ cu

3 lar
10 cl

½ te
½ te

1 tea

¼ cu

3 tab

2 cup

GARM

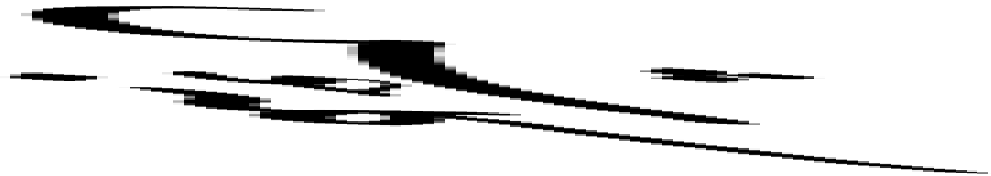
1 tab

1 tab

2 cup

Make
Prepa

Cook
Kalle



On

Make

Prepa
Cook

1. In
2. Ac

3. Po

Eshk

½ cu

4 on

1 tea

½ te

1 tea

2 tab

2 tab
8 cup

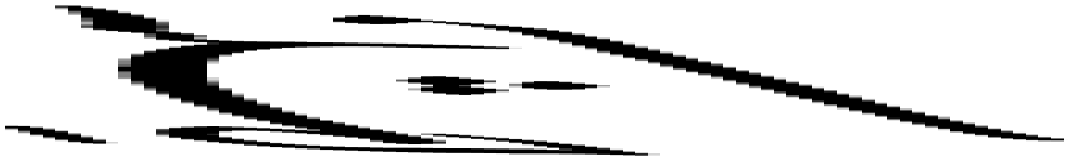
1 cup

3 rus

1 tab

3 egg

drair



Photo

FOOD

82

Pis

GARM

1 tab

⅓ cu

1 tea

2 tab

SOU

1 cup
2 tab

1 sha

1 lee

1 clo

½-in

1 tab

1 tea

½ te

1 tab

8 cup
1 tea

¼ te

1 tea

½ cu

Make

Prepa
Cook

Sup-

The w

1. To

2. To

3. In

4. Re
5. Ac

6. Po

VARIA

Pista

VEGE

Repla

NOTE

For tl

83

SOUP

FOOD

84

1. To

2. Ac

3. Us
4. To

5. Ju
6. Pc

Cre

CHIC

1 wh

1 oni

2 clo

1 tea

½ te

¼ te
chee

10 CU

SOUI

1 oni

2 clo

1 car

3 lee

½ cu

1 tea

½ te

Chas

1 cup
2 tab

1 tea

GARM

½ cu

½ cu

½ cu

¼ cu

Make
Prepa

Cook Sup-

VEGE

Elimi

NOTE

Your r

85

SOUP

FOOD

86

87

SOUP

Bo

Make

Prepa
Cook

This

1. In

2. Ac

3. Re

4. Ac
5. Cr

6. To

VARIA

You m

Bors

VEGE

Elimi

1½ p
8 cup

2 me
2 clo

1 bay
2 tea

1 tea

1 tea

2 tea

3 larg

1 hea

1 car

2 sta
2 larg

1 larg
1 tea

1 tab

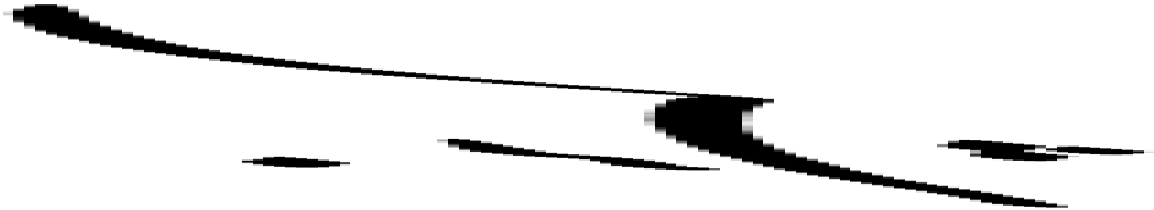
GARM

1 cup

1 clo

1 cup

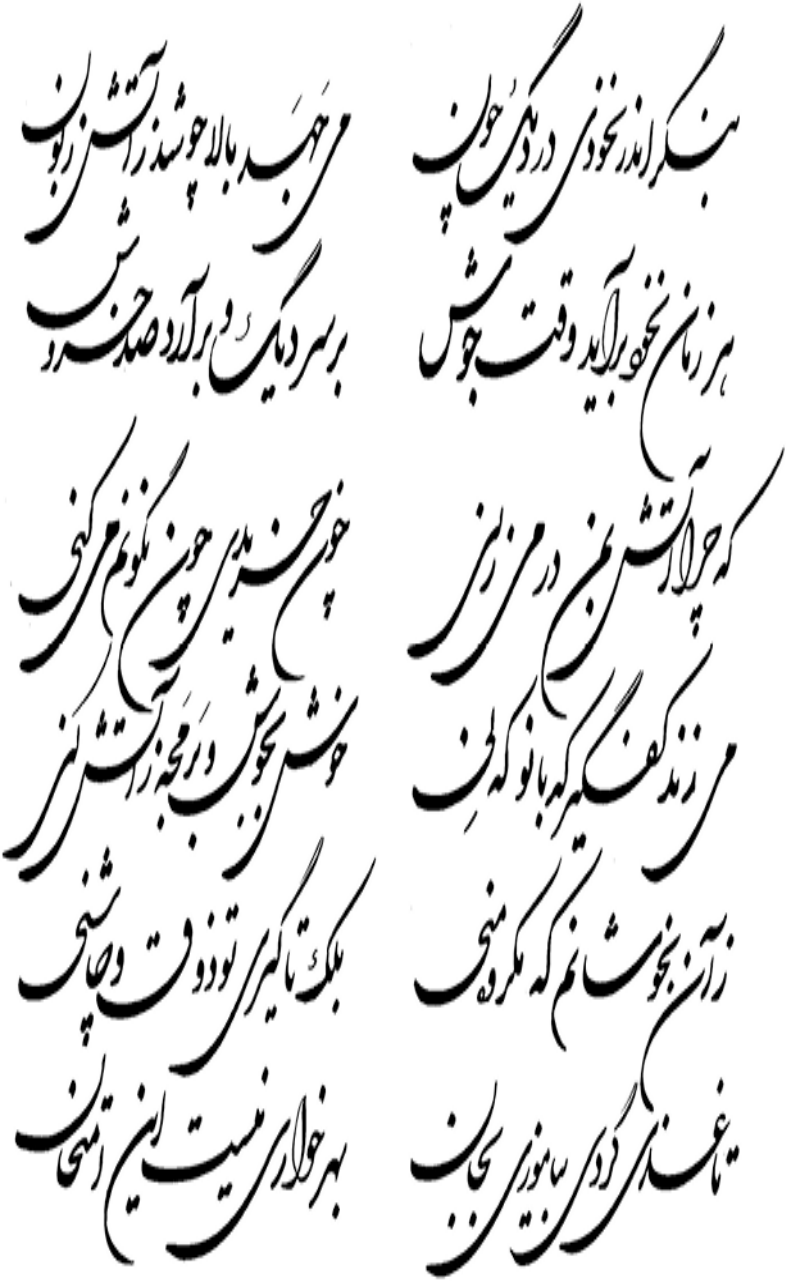
½ te



FOOD

88

THE



In a
The

Jalal

89

SOUP

FOOD

90

91

SOUP

1. To

2. Ac

3. To

4. Ac

5. M
6. To

7. Po

Sw

BROT

¼ CU

2 oni

1 tea

½ te
½ te

½ cu

10 cu

1 cup

½ cu

½ cu

¼ cu

1 cup

1 cup

1 cup

½ cu

¼ cu

¼ cu

¼ CU

MEA

1 oni

1 pou

1 tea

½ te

½ te
½ te

2 tab

GARM

2 tab

1 larg

5 clo
½ te

2 tab

Make

Prepa
Cook

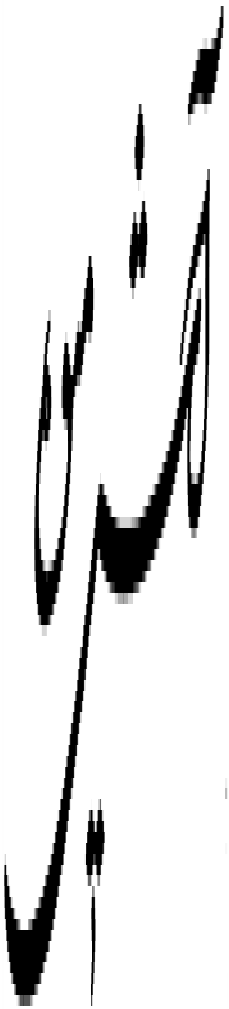
Osh-

VEGE

Elimi

NOTE

If usi



FOOD

92

Mu

Make

Prepa
Cook

1. In
2. Ac

3. Ch
4. To

5. Po

VARIA

Qeyr
You c

You c

Osh-

VEGE

Repla

NOTE

To bl

If usi

⅓ cu

3 lar
5 clo

1 tea

1 tea

1 tea

1 cup

10 cu

½ cu

2 cup
1 pou

1 cup

½ cu

2 cup
½ cu

1 cup

2 cup

1 tea

1 cup

GARM

2 tab

1 larg
5 clo

1 tea

1 tab

93

SOUP

In th

1. In
2. Ac

3. Ac
4. Ch

5. To
6. Pc

Be

4 tab
3 oni

5 clo

1 pou

2 tea

½ te

1 tea

⅓ cu

½ cu

¼ cu

¼ cu

12 cu

2 cup

1 cup

¼ cu

1 pou

1 cup

½ cu

GARM

2 tab

1 oni

3 clo

¼ te
2 tab

Make
Prepa

Cook
Osh-

VEGE

Osh-

FOOD

94

Po

Make

Prepa
Cook

I love

1. To

2. Ac

3. Ac

4. M

5. Po

MEAT

1/2lb

Osh-

NOTE

If you
If usi

For b

LEGU

½ cu

¼ cu

¼ CU

BROT

3 tab

4 on

10 cl

1 tab

1 tea

1 tea

1 tab

1 bot

½ cu

2 sm

2 cup

2 cup

2 cup

2 cup

2 cup
2 tab

1 tab

GARM

2 tab
4 clo

¼ te
2 tab

DECO

1 cup

95

SOUP

FOOD

96

Sp

Make

Prepa
Cook

Osh-

BROT

4 tab
2 me

2 clo

1 tea

1 tea

8 cup

1 pou

½ cu

3 egg
½ cu

MEA

1 oni

1 pou
1 tea

½ te
½ te

2 tab

1. To

2. To

3. Sti

4. Ac

VEGE

Repla

Make
Prepa

Cook
Shul

Sp

1. To

2. To

MEA

1 me

1 tea

½ te

½ te

1 tab

1 pou

BROT

4 tab
1 oni

1 tea

2/3 c

¼ cu

½ po

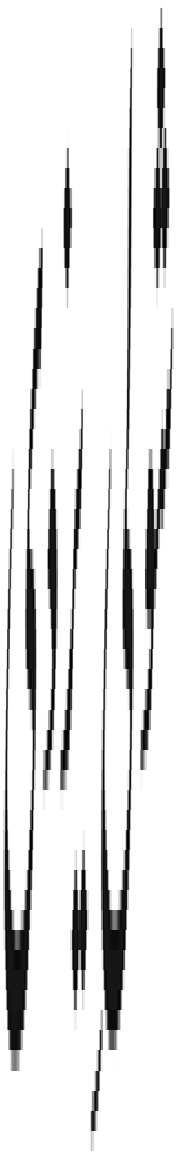
2 tea

2/3 c

1 pou

VEGE

See a



97

SOUP

This s

1. In

2. Ac

3. Ac

4. Ac
5. Ac

6. To

7. Po

VARIA

Inste

Go

1 wh

2 me

2 tea

½ te

1 tea

¼ cu

8 cup
2 cup

1 cup

1 cup

2 cup

4 cup

1 cup

GARN

2 tab

1 larg

5 clo
¼ te

3 tea

Make

Prepa
Cook

Osh-

VEGE

Elimi

NOTE

If usi

The f

Som

Oh li

In ar

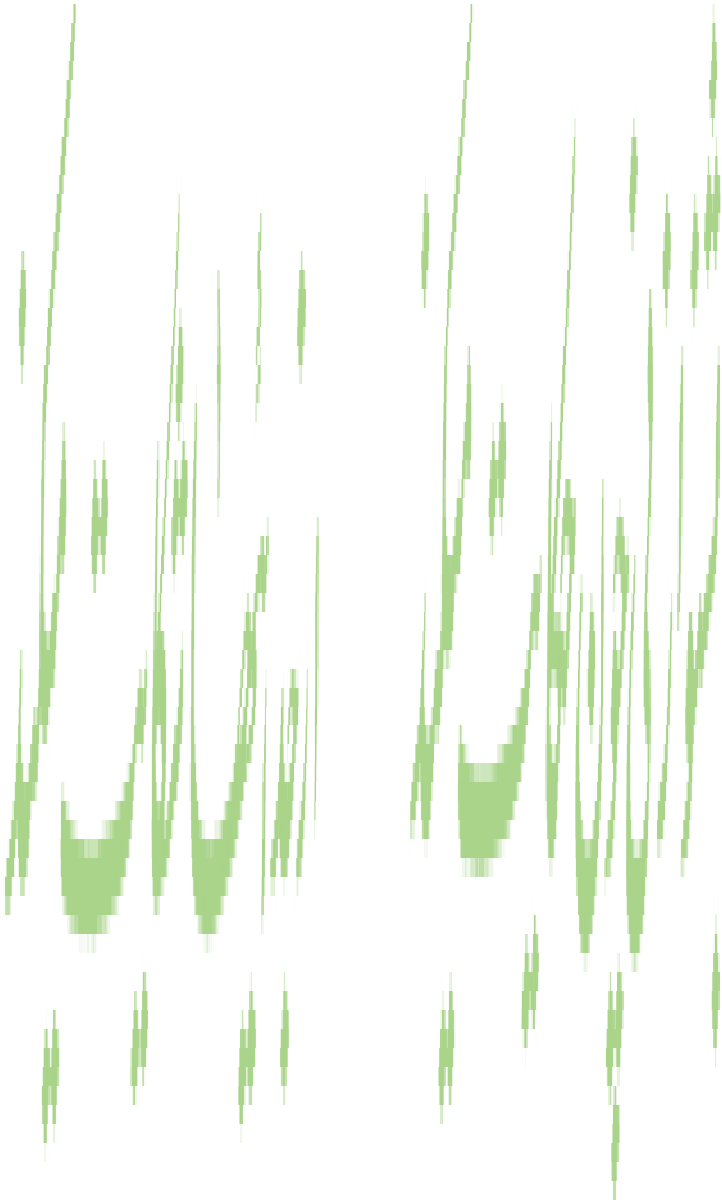
The

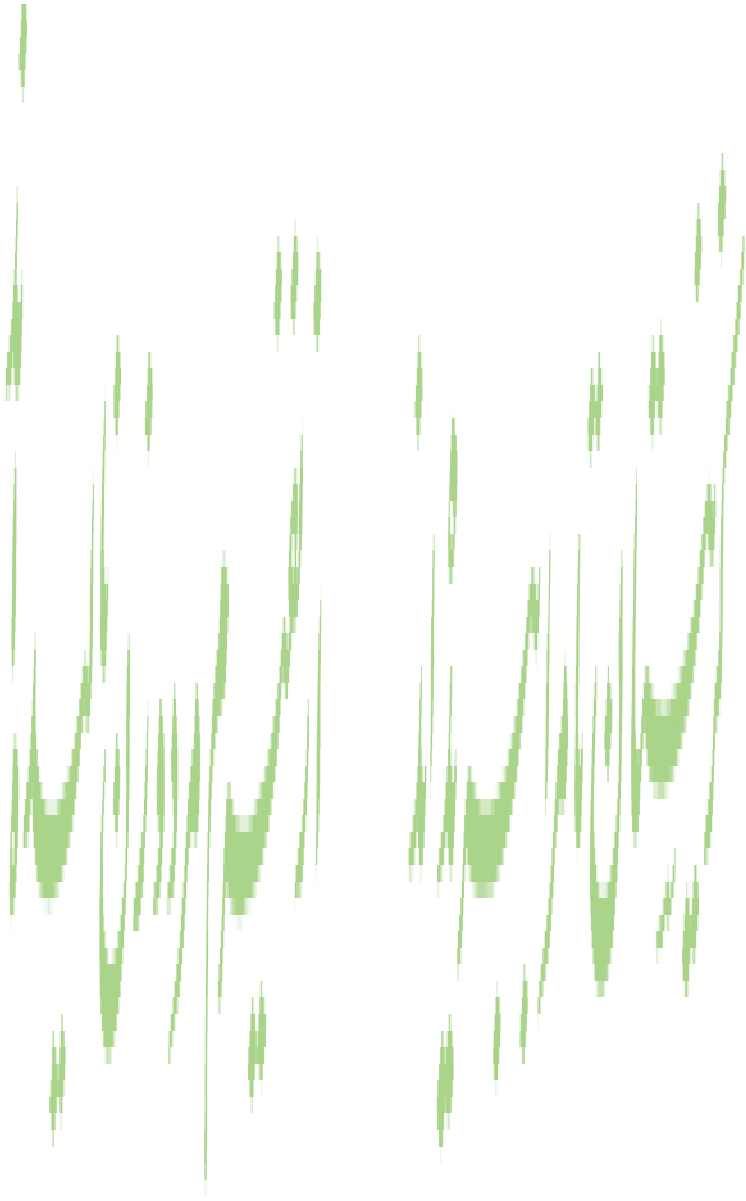
They
Ever

Since
Mak

Ever
Oh li

MEN





FOOD

98

Just

I fou

The O
Osh-

4 tab
2 larg

4 clo

1 tea

1 tea

1 tea

2 tab

1 tea

6 cup
¼ po

1 pou

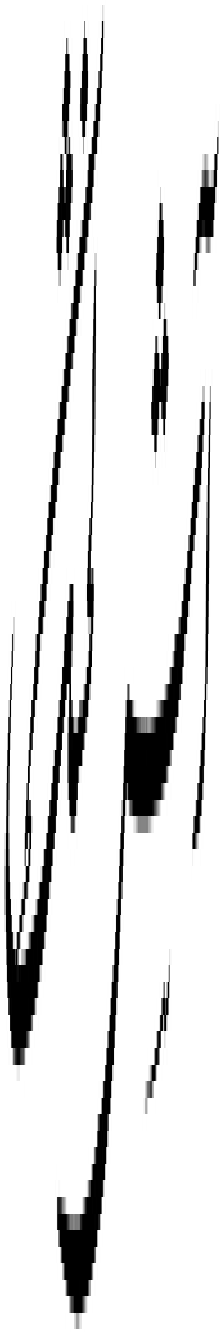
1 cup

Garr

Fla

Make

Prepa
Cook



Tradi

1. In

2. Ac

3. Re

99

SOUP

NOTE

You c

FOOD

100

No

Make

Prepa
Cook

1. He
2. Ac

3. Ac

4. Ac

5. Sti
6. Pr

7. To
8. Pc

Osh-

VEGE

This i

NOTE

In Ira

¼ cu

3 lar
10 cl

1 tab

1 tea

1 tea

¼ cu

¼ cu

12–14

2 cup
2 tab

2 tea

2 tea

½ po

1 cup

1 cup

2 cup

3 po

2 cu

½ Cu

QEYA

A dic

GARM

¼ cu
10 cl

1 tea

¼ cu

101 SOUP

FOOD 102

Go

This

1. To

2. M

3. Pl
4. Re

5. Re

TOM

2 tab

1¼ p

2 lar
4 clo

1 cel

1 car

½ gr
3 bay

2 tea

1 tea

1 tea

½ te

1 tab

4 me

½ te

PAST

1 pou

½ cu

GARN

¼ Cu

Zest

¼ cu

Mac
Make

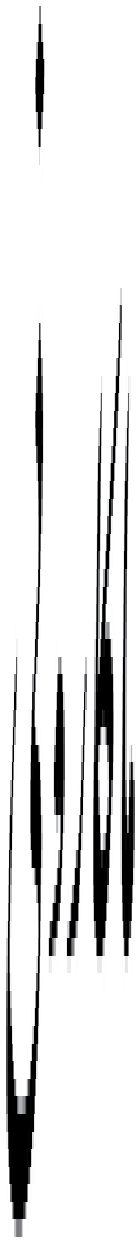
Prepa
Cook

VEGE

Elimi

NOTE

For t



103

SOUP

FOOD 104

Make
Prepa

Cook

Sa

BROT

2 tab

2 oni

1 tea

½ te

1 tea

1 tea

3 tab

½ cu

8 cup

MEA

1 pou

1 oni

½ te

½ te

1 tea

2 tea

2 tea

1 tea

¼ cu

GARN

½ Cu

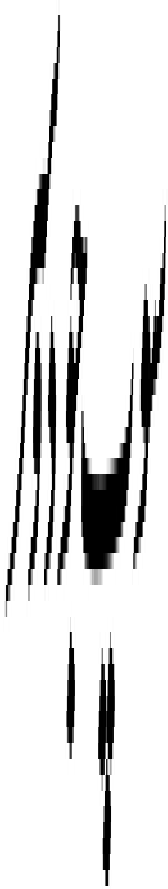
½ cu

2 cup

1. To

2. To

3. Ge
Osh-



Make
Prepa

Cook

Sup-

Oa

1. He
2. Ju

¼ cu
2 oni

1 pou
1 larg

1 zuc

2 sta

2 car

¼ po

1 tea

1 tea

8 cup
½ cu

2 tab

GARM

½ cu

105

SOUP

Az

1. To

2. To

3. To

4. To

5. Ca
6. Ju

DOU

3 cup

1 tea

1 cup

BROT

6 cup

2 lar
2 tea

½ te
½ te

¼ te
¼ te

1 tea

½ te

FILLI

1 tab

½ po
1 oni

2 clo

½ te

½ te
½ te

2 tea

1 tea

GARN

½ Cu

1 tab

½ cu

Dush
Make

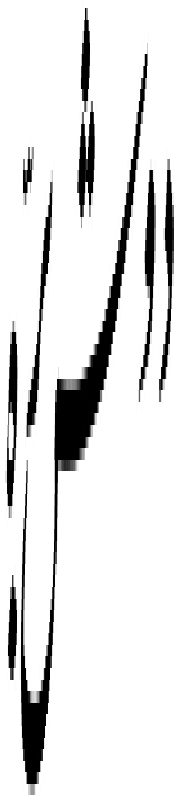
Prepa
Cook

VEGE

NOTE

You c

You c



FOOD

106

½ cu
2 larg

2 clo

1 tea

2 tab

1 tea

1 cup
10 to

½ cu

¾ cu

1 cup

1 cup

1 cup

2 cup

1½ C

¼ CU

No

Make

Prepa
Cook

Osh-

1. He

2. Us

3. Jus

¼ cu

3 me

2 clo

2 tea

1 tea

8 cup

1 cup

2 cup

cucu

2 tab

½ po
½ te

1 tab

¼ cu

Cu

Make

Prepa
Cook

Osh-

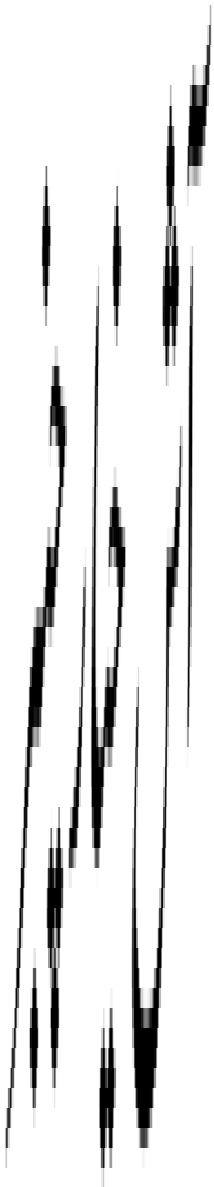
1. In

2. Ac

3. He

NOTE

Tarkh



107

SOUP

1. To

2. He

3. Ac

4. M

5. Ta
6. Ju

7. Po

Su

BROT

1 ½ C

3 tab
1 larg

1 tea

½ te

1 tea

2 cup

8 cup
2 cup

2 cup

1 cup

1 cup

1 cup

MEA

1 larg

1 pou
1 tea

½ te
½ te

2 tab

2 tab

1 tab

GARM

2 tab
5 clo

1 tea

½ te

Make
Prepa

Cook
Osh-

NOTE

If you

VEGE

Elimi

FOOD

108

Yo

Make

Prepa
Cook

1. To

2. To

3. Ac

4. Ac

5. Ch
6. Pl

7. Jus
8. Pc

Osh-

VEGE

Elimi

VARIA

You r

BROT

¼ cu
2 larg

1 tea

¼ te

½ te
½ cu

½ cu

10 cu

1 cup

1 cup

2 cup
½ cu

¾ cu

1 cup

2 tab

1 pou

3 tur

3 cup

MEA

1 oni

1 pou
1 tea

¼ te

½ te

2 tab

GARM

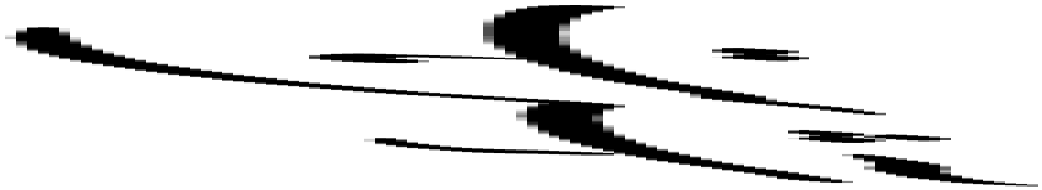
2 tab

1 oni

10 cl

½ te

3 tea



109

SOUP

Ba

Make

Prepa
Cook

1. In
2. Ac

3. Ac
4. Ch

5. Sti
6. Ju

7. Po
Osh-

VEGE

Elimi

NOTE

If usi

For b

¼ cu

2 oni

½ po

2 tea

½ te

1 tea

¼ cu

¼ cu

¼ cu

12 cu

1 cup

2 cup

1 cup

½ cu

1 pou

¼ cu

1 cup

GARM

2 tab

1 oni

5 clo

½ te
2 tab

FOOD

110

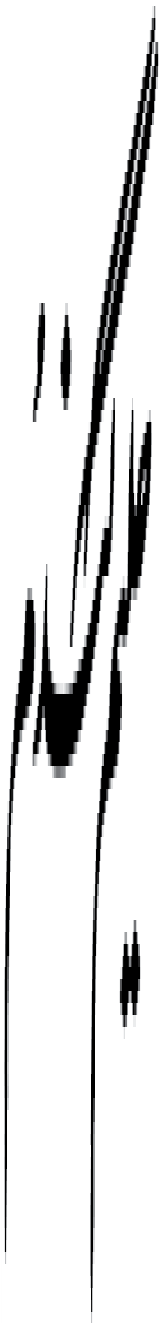
Halir

1. Pla

2. M

3. To

4. Sp
Hali



Sw

BROT

2 pou

8 cup
2 oni

1½ t
½ te

½ te

WHE

1 pou

½ cu

GARN

¼ Cu

1 tea

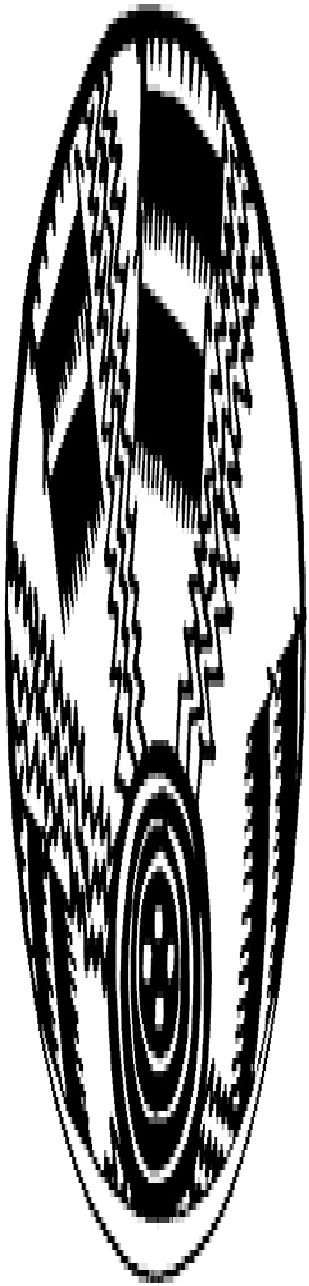
2 tab

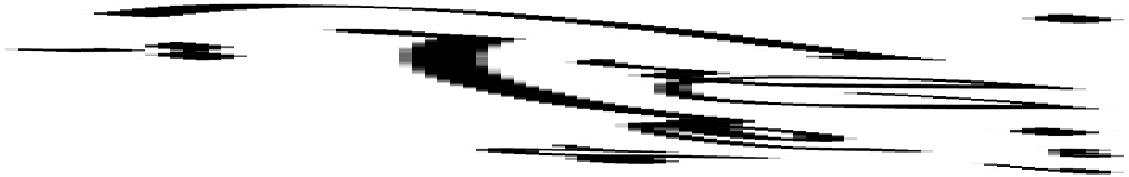
Make
Prepa

Cook

111

SOUP





THE

Mul

At th
“Mo

“Hea

EATI

A po

“But

The

FOOD

112

1. He
2. Ac

3. To
4. He

5. In
6. Ac

7. To
8. Ju

Eg

½ cu

2 pou

2 oni
6 cup

2 tea

1 tea

1 tea

2 cup

6 sm

2 cup

GARM

2 tab

2 oni
4 clo

½ te
4 tab

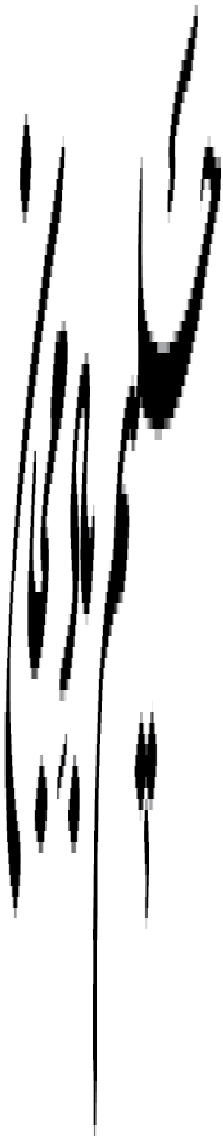
½ cu
½ te

Sprig

Make

Prepa
Cook

Hali



113

SOUP

FOOD

116

117

GRAF

QUIN

CABE

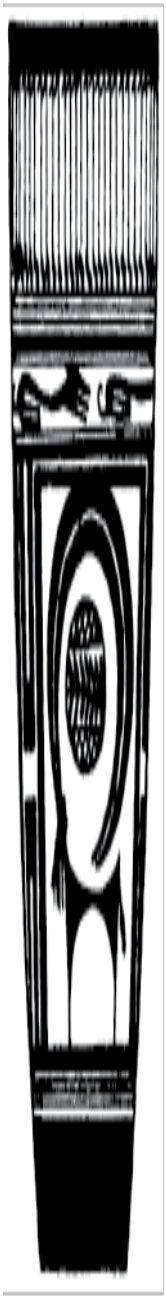
STUF

STUF

EGGP

POTA

DO



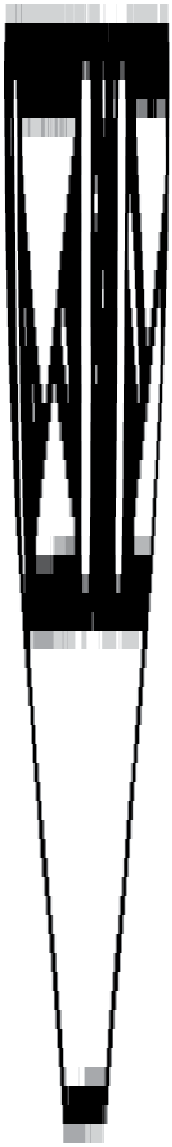
FOOD

118

119

Som

The



FOOD

120

Gr

Make

Prepa
Cook

1. Pre
2. If

3. In

4. In

5. Pl
6. Pl

7. Po
8. In

Doln

50 fr

FILLI

⅔ Cu

¼ cu

1 tea

½ cu

1 oni

2 clo

½ po

1 cup

¼ cu

½ cu

¼ cu

1 tab

¼ cu

3½ c
½ te

½ te

1 tea

2 tab

BROT

1 cup

SYRU

⅔ cu

⅓ cu

½ te

⅓ cu

VEGE

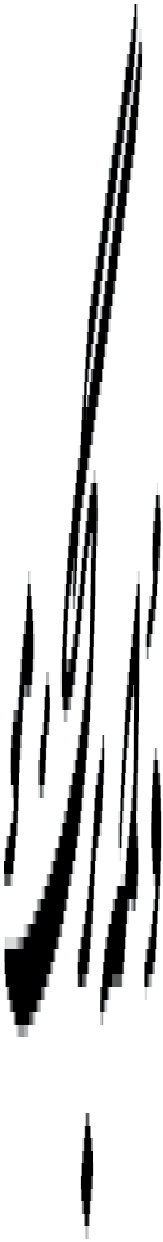
Grap

NOTE

If usi

Cann

You c



121

DOLM

FOOD

122

Qu

Make

Prepa
Cook

1. To

2. W

3. Sp
4. In

5. Ac

VARIA

Appl
Oran

Doln

FILLI

½ cu

1 oni

½ po
¼ cu

2 tea

½ te

½ te
½ te

2 tea

1 tea

1 tab

½ cu

QUIN

6 me

6 tab

1 tab

BROT

2 Cup

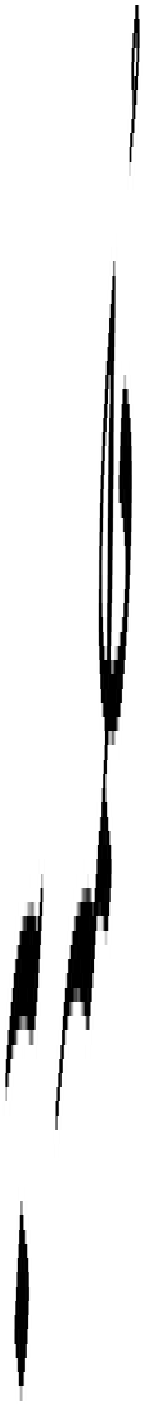
SYRU

1/4 CU

½ cu

¼ cu

¼ te



VEGE

Quin

123

DOLM

FOOD

124

Ca

Make

Prepa
Cook

1. Co

2. To

3. In

4. Pr

5. To
6. Fo

7. Fo
8. W

Doln

VEGE

Cabb

2 larg

FILLI

¼ Cu

¼ cu

½ cu

1 oni

1 pou

2 tea

1 tea

½ te

2 tea

1 tea

½ te

1 tea

2 tab

¼ cu
3 tab

2 tab

3 tab

SAUC

1½ C

1 tea

¼ cu

GLAZ

½ Cu

⅓ cu

125

DOLM

FOOD

126

Stu

Make

Prepa
Cook

1. Pre
2. Cu

3. Re
4. Co

5. Ri
6. Pl

7. To

Do In

2 egg
2 gre

4 lar

FILLI

¼ cu

¼ cu

½ cu

1 oni

1 pou
2 tab

1 cup

½ cu

1 cup

1 cup

1 tea

½ te

½ te

1 tea

SAUC

1 cup

SWE

¼ CU

⅓ cu

⅓ cu

1 tea

1 tea

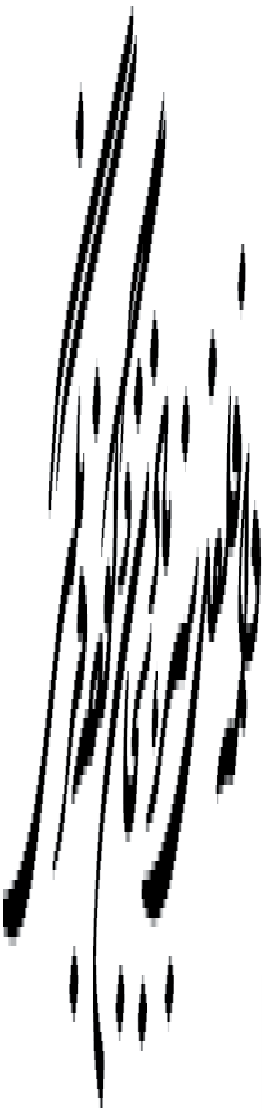
¼ te

VEGE

Elimi

VARIA

Stuff



127

DOLM

IF A

One

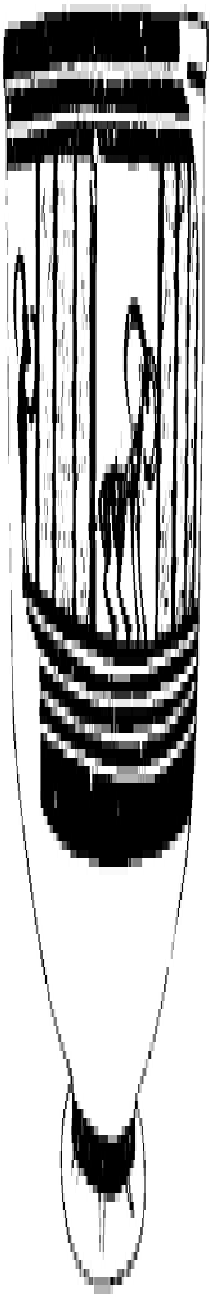
“Wh

“Acc

Shor

The

“Alas



FOOD

128

6–8

½ cu

FILLI

½ Cu

2 lar
6 clo

1 pou
2 tea

½ te
½ te

1 tea

1 tab

1 tab

1 tea

2 tor

1 cup

½ cu

¼ cu

1 tea

BROT

1 cup

1 tab

1 tab

1 tea

1 tab

Eg

Make

Prepa
Cook

1. Ma
2. Pr

3. In

4. Ar

5. In
6. O

7. Se
Nush

Bade

VEGE

Elimi

129

DOLM

FOOD

130

1. Pre
2. He

3. To

4. St

5. To
6. Ch

Po

5–6

¼ cu

FILLI

¼ Cu

2 me
2 clo

½ po
3 tab

1 tea

½ te

¼ te

½ te

1 tea

1 cup

1 cup

2 egg

2 tab

SAUC

1 cup

1 larg

1 tea

½ te

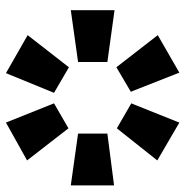
½ te

Make

Prepa
Cook

Doln

NOTE



Barb

VEGE

Potat

131

DOLM

کوکوها و تخم مرغ‌ها

FOOD

134

134

135

KU

BOIL

APPL

AZER

SUNI

EGGP

GREE

FRES

CAUL

EGGP

ZUCC

FAVA

YOGU

CASP

CASP

LAMI

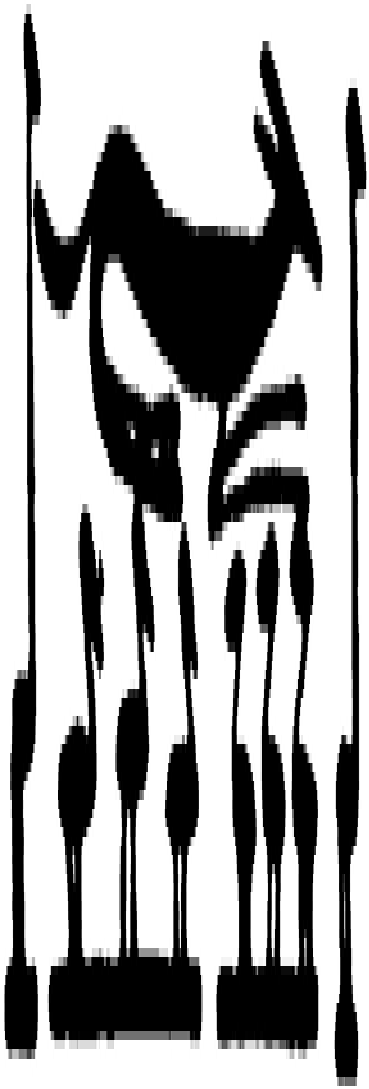
CASP

POTA

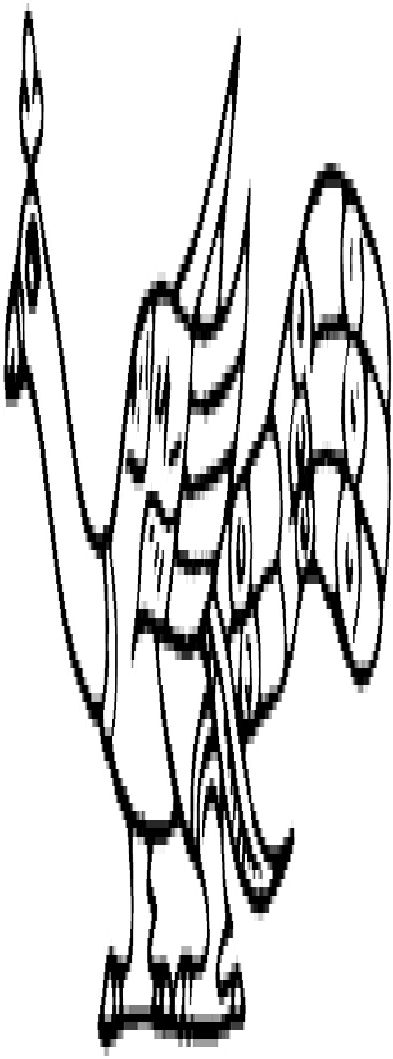
BUTT

SPIN

PISTA



137



Alth

Kuku

Most

FOOD

138

Ap

Make

Prepa
Cook

Khag

1. *Fo*

2. *Fo*
Indiv

Khag

VARIA

A Sim

BATT

4 eg
2 tab

½ te

¼ te

APPL

4 tab

2 me
10 da

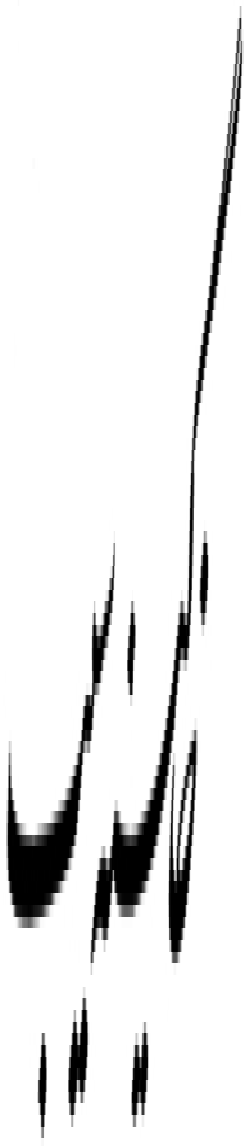
2 tab

1 tea

⅛ te

Flat

Fresh



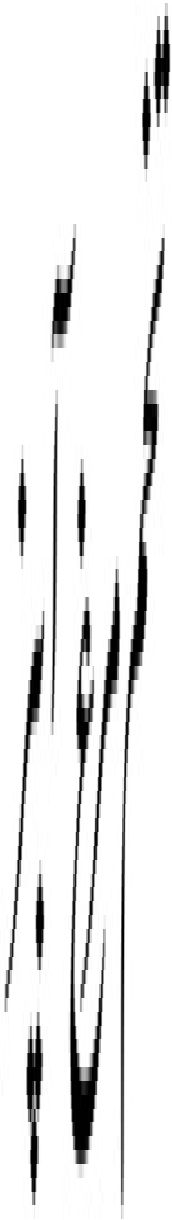
Bo

Peop

1. Pla
2. Co

3. Dr

Tokh



139

KUKU

Az

SYRU

½ Cu

¼ cu
¼ te

BATT

1 egg

1 cup

1 tea

½ te

¼ cu

¼ CU

GARN

1 tea

¼ cu

1. To

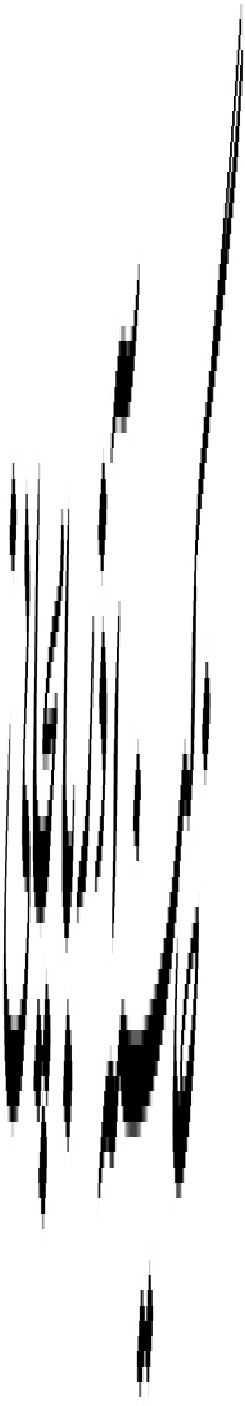
2. To

3. To

Khag

Make
Prepa

Cook



VARIA

This

FOOD

140

Su

YOGU

2 Cup

4 clo

EGGS

4 tab
8 eg

1 tea

1 tea

2 loa

1 cup

1. In

2. In

3. Se

Make

Prepa
Cook

Nim

1. Ro

2. AI

3. He
4. Sp

5. Sti

Eg

EGGP

2 larg

5 tab
3 clo

1 tea

¼ te

1 tea

EGG

4 eg

GARN

toas

1 cup

½ cu

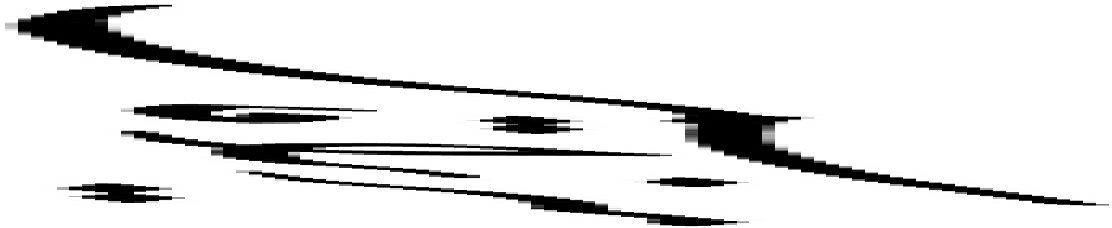
Make

Prepa
Cook

NOTE

Mirza

Mirz



141

KUKU

Gr

Make

Prepa
Cook

1. In

2. Pr

3. Br
4. Ac

5. Po
6. Re

7. Se

VARIA

Stove
Gree

Kuku

½ cu

2 me

2 clo

1 pou

1 tea

½ te

½ te
Zest

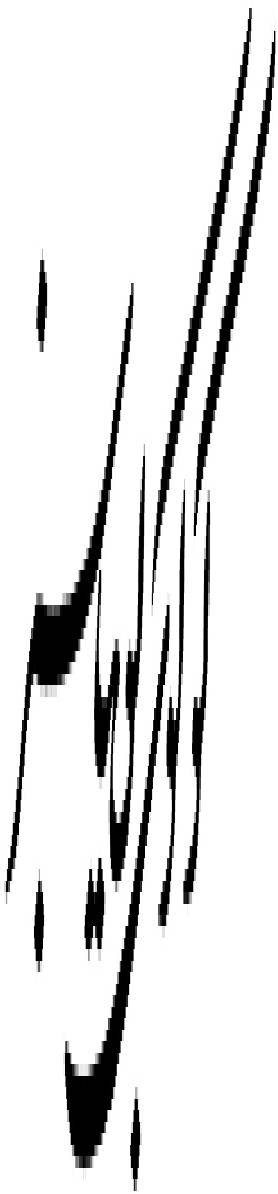
¼ te

4 eg

1 tab

1 tea

1 tab



FOOD

142

143

KUKU

Herb

1. To

2. He

3. Br

4. He

5. Tra

OVEN

This
Fre

GARM

1 tab

⅓ cu

1 tea

2 tab

BATT

½ cu

1 larg

6 eg
1 tea

2 tea

1½ t

½ te

2 clo

½ cu

½ cu

1 cup

1 cup

1 cup

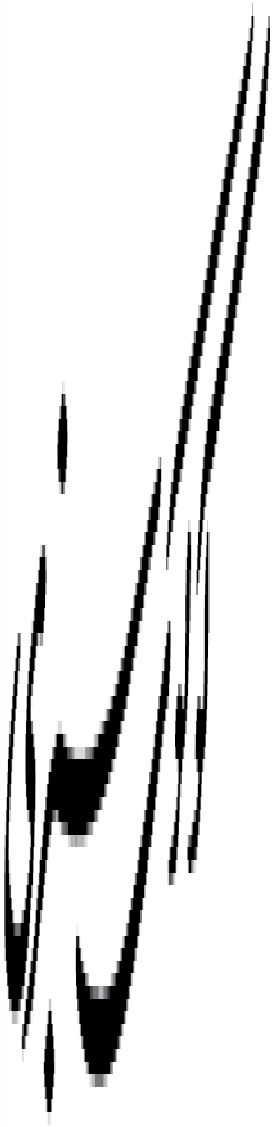
1 tab

½ cu

1 tab

Make
Prepa

Cook
Kuku



NOTE

The r

Use c

FOOD

144

Ca

Make

Prepa
Cook

Kuku

½ cu

1 me

2 clo

1 sm

4 eg
1½ t

¼ te

½ te

¼ te
¼ te

½ te
½ te

1 tab

¼ cu

1. Pre
2. He

3. Br
4. Ac

5. He
6. Re

7. Cu

VARIA

Stove

145

KUKU

FOOD

146

Eg

Make

Prepa
Cook

1. Pe
2. Pr

3. In

4. Br

5. Po
6. Re

VARIA

Zucc

NOTE

For th

*The
Kuku

8 pu

½ cu

2 lar
4 clo

4 eg
1 cup

1 tea

1 tab

1 tea

1 tab

1 tab

1½ t

½ te

GARN

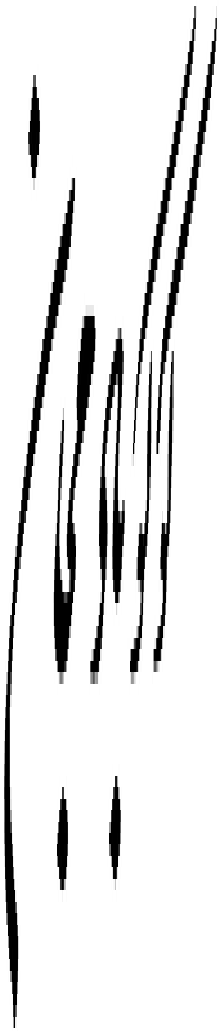
1 cup

1 cup

Flat

STOV

This



147

KUKU

FOOD

148

Fav

Make

Prepa
Cook

1. Pre
2. If

3. In

4. Br

5. Ac
6. He

7. Re

VARIA

Rice

Chee

Q̃uin
W̃alr

Legu

Kuku

3 pou
½ cu

2 me
4 clo

4 eg
1 tea

1 tea

1 tea

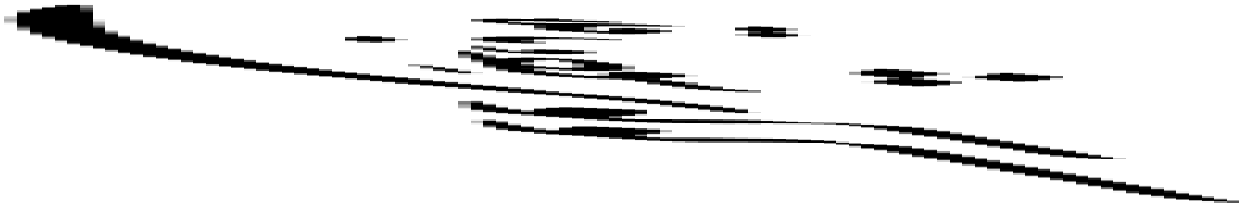
1 tea

1 tab

½ te

1 tab

2 cup



STOVI

Kuku

149

KUKU

FOOD

150

1. In

2. Br

Ca

¼ cu

1 pou

4 eg
1 tea

¼ te

1 tea

Make
Prepa

Cook

Sira

1. Pre
2. He

3. Re

STOVI

Heat

Yo

4 eg
1 tea

¼ te

½ te

¼ te

½ cu

½ cu

1 larg

½ cu
2 tab

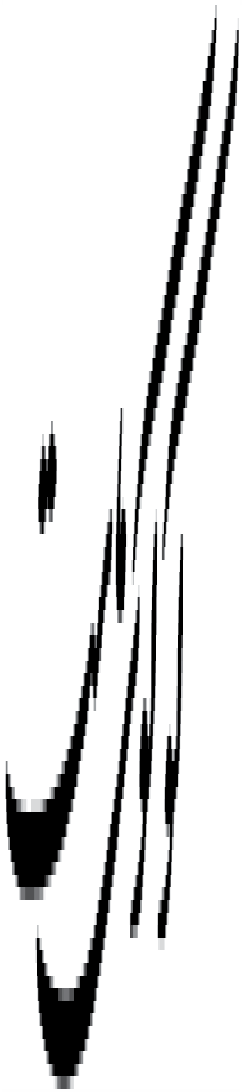
6 tab

GARM

1 cup
flat k

Make
Prepa

Cook
Kuku



151

KUKU

Ca

½ cu

7 clo

2 tea

½ te

1½ t

3 pou

frozen

1 ½ c

3 to
1. He

2. Ju
3. Se

Baq

Make
Prepa

Cook

NOTE

Qata

FOOD

152

La

Make

Prepa
Cook

1. In

2. Pr

3. He
4. Re

Kuku

6 tab

1 pou
2 oni

2 clo

½ be

1¼ t
½ te

½ te
½ te

2 tea

¼ te

1 tab

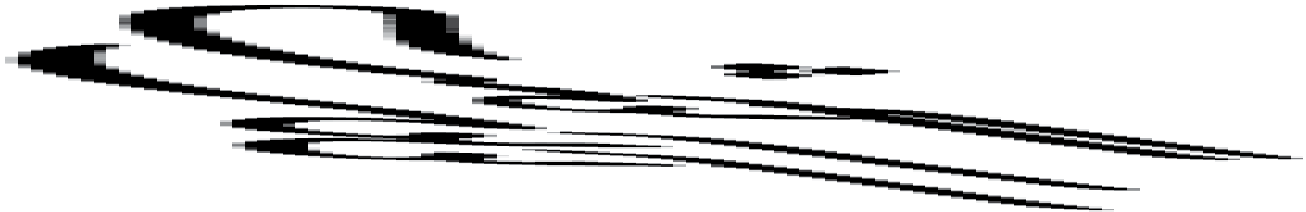
1 cup

½ cu

5 egg

1 tea

⅓ cu



Ca

6 tab
4 sha

1 clo

4 eg

2 spr

½ Cu

1 tea

¼ te

½ te
½ te

4 ou

In th

1. He
2. Ac

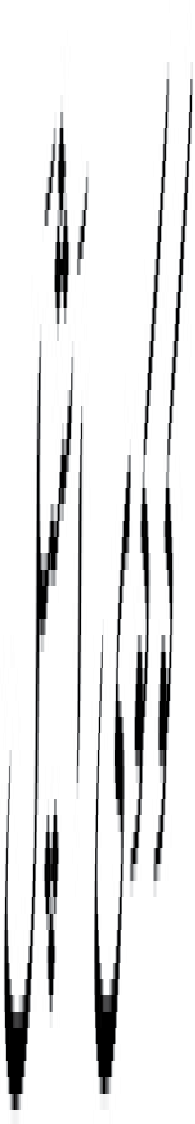
3. He
Kuku

Make
Prepa

Cook

NOTE

If you



153

KUKU

1. In
2. He

3. Br
4. To

5. Ga

Po

2 me

¾ cu

1 me
2 clo

2 egg
1 tea

½ te

1 tea

2 tea

½ te

1 cup

GARN

3 tab
1 tea

Make
Prepa

Cook
Kuku

COOK

Preh

VARIA

Butte

Swee

FOOD

154

Sp

Make

Prepa
Cook

1. In
2. Sp

3. Sp

VARIA

Gree
Carr

Narg

4 tab

2 lar
2 clo

1½ p

½ cu

½ cu
3 tal

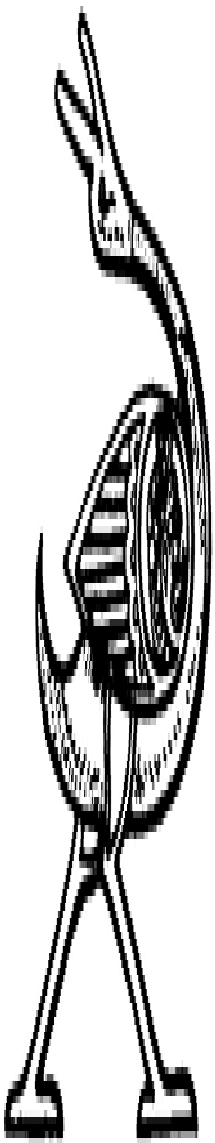
1 tea

¼ te

¼ te

4 eg

¼ cu



NOTE

You c

155

KUKU

FOOD

156

157

KUKU

1. In

2. Br

3. Ac
4. He

5. Ga
6. In

OVEN

This

Pis

¼ cu

1 cup

4 eg
2 tab

1 tea

½ te

¼ te

½ te

¼ te
6 tab

GARM

1 tab

1 tab

1 tab

SIDE

3 hea

2 cup
Juice

¼ cu

1 clo

Salt

Make

Prepa
Cook

Kuku

NOTE

Almo

FOOD

160

که هرگز مینادید جز سر زنش
بالا و بر چهره او را دشمنی
برآفکند کشتی و در ورق بر آب
برآسود و ملاح را پیش خواند
بدانست کز خیمت جرگی زاد
از آگاهی نامدار اردشیر
زکار گذشته فراوان براند
زبالا و رنگ و نگشت شمار
سپاه انجمن شد بران ابگیر

161

161

ME

CHEL

FILLE

SKEV

CASP

SHAH

LAMI

LAMI

SHIS

SHIR

LAMI

GROU

MEA

LAMI

LAMI

CHIC

QUA

STUR

FISH

POM

POM

KASH

PISTA

CHIC

RICE

PISTA

TABR

MEA

SWE

SWE

FISH

CASP

SEAR

PLAT

SAUT

SMO

FISH

163

PERS

Sinc

Kaba

The

Skew
Fillet

Lam

Veal

Lam

Shis

Casp
Shira

Kabo

Lam

Chic

Liver

Kabo

Quai

Stur

FOOD

164

165

MEAT

در مجلس ما سخن ز چیزست و فروزنه
وز آمدن شاهد رباب و دنگ بست

نه نقل بود و نه بار و نی دفتر و نی نه
وین هر سه بر این مجلس ما در به صوار بست

دفتر به دبستان بود و نقل به بازار
وین نو بجائی که خرابات خراب بست

ما مست شدیم و در رهیم و لنگیم
خوشا که شراب و رباب و دنگ بست

Whe
Get t

We w
Kabo

But s

Or b

Back
Book

And

No, w

Our
Kaba

Manu

KAB

FOOD

166

Ch

Chel

Chel

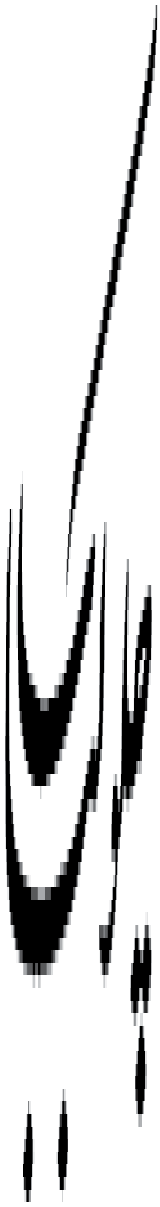
Heap
Place

Serv
The

PHOT

A typ

Chel



167

MEAT

FOOD

168

1. Ha
2. Cu

3. Th
4. Sp

5. In
6. St

7. Fo
8. W

Fil

2½ (
1 tab

MAR

Juice

Zest

½ cu

¼ te

½ te

BAST

½ Cu

1 tab

¼ te

½ te

coo

4 fla

1 pac

2 tab
8 ch

Make
Prepa

Cook
Kabo

NOTE

Lamb

For a

169

MEAT

9. Sp
10. S

FOOD

170

Sk

1. To

2. St

3. Us

4. Fo

5. Ar
6. Gr

7. Pla

VARIA

Grou

Kaba

LAM

2 pou

2 tea

2 tea

¼ te
2 tab

½ te

2 me

2 clo
Zest

BAST

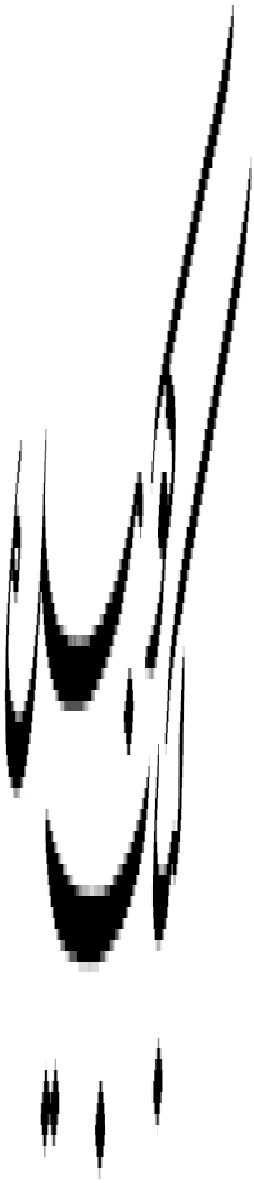
½ Cu

1 tea

coo

14 fl
1 pac

½ cu
2 lim



Make
Prepa

Cook

POMI

In a s

NOTE

Keep
The q

171

MEAT

FOOD

172

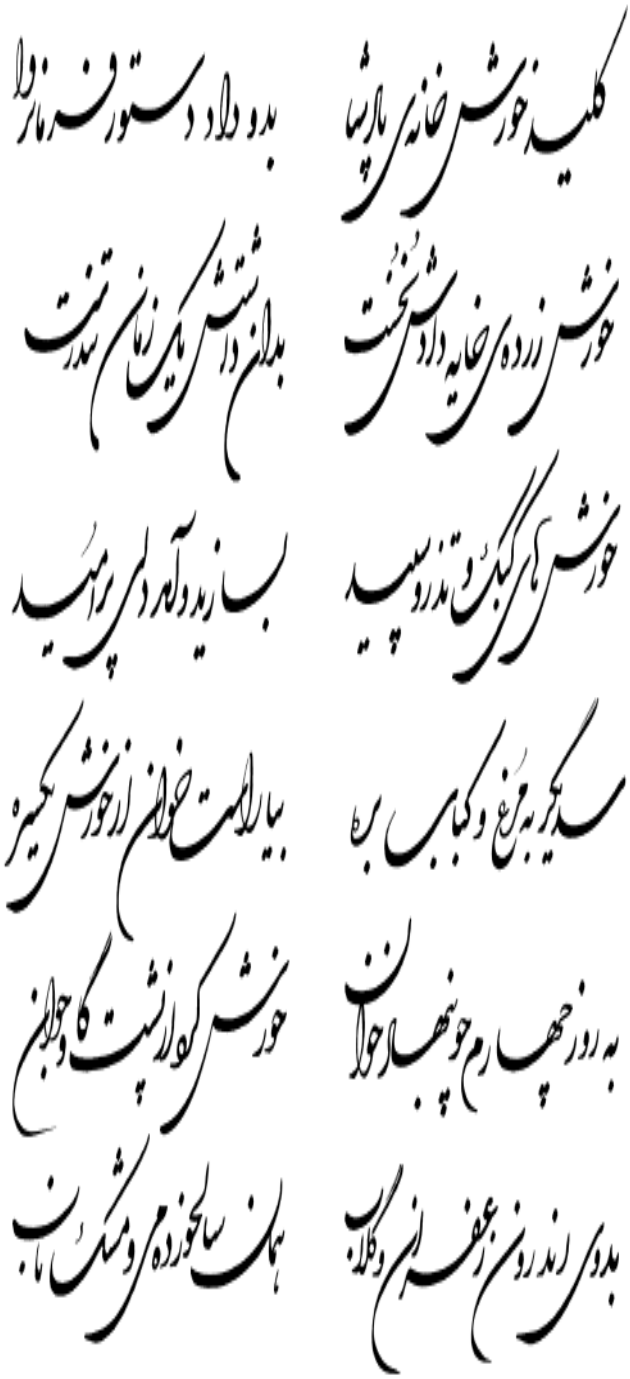
Iblis,
The

The
The

The
By th

From

HOV



173

MEAT

1. Pla
2. Co

3. In

4. St

5. In
6. O

7. Ka

Ca

4 po

MAR

1 larg
1 cup

1 tab

1 tab

1½ c

2 tab

¼ cu

1 tea

1 tea

SWE

1 tab

¼ te

½ te

¼ te

1 tea

¼ cu

ALSO

6 fla

1 pac
Sea s

1 cup

1 cup

Servi
Prepa

Cook
Kabo

VARIA

This

NOTE

Pome

FOOD

174

1. Ha
2. Cu

3. Th

4. In

5. St
6. Fo

7. W
8. W

2 pou

MAR

2 tab

½ te

½ te
Juice

½ te

2 cup

BAST

½ Cu

cool

4 fla

1 pac
Coar

Drie
Pickl

Basil

Sprin

Sh

Servi

Prepa
Cook

NOTE

Kaba

Kabo

175

MEAT

FOOD

176

1. Ha
2. Cu

3. Ac
4. St

5. Du
6. In

7. W
8. Sp

9. Se

La

2 pou
1 larg

4 tab
2 tab

½ te
½ te

2 tab

coo

¼ po
4 lar

1 pac
6 fla

BAST

½ Cu

2 tab

¼ te

½ te

¼ te

Make
Prepa

Cook
Cher

NOTE

You c

177

MEAT

JOU

. . . th

Isabe

FOOD

178

1. Rir
2. Pr

3. St

4. M

5. Fo
6. W

NOTE

Kaba

24 sr

MAR

1 larg
1 bul

2 tab

1 cup

2 tea

2 tea

¼ cu

1 cup

½ te

1 tea

BAST

2 tab

Juice

½ te

½ te

coo

6 thi

1 pac

1 bur

1 bur

Make
Prepa

Cook

La

Shish

179

MEAT

FOOD

180

Sh

Make

Prepa
Cook

1. In
2. Th

3. Ag
4. St

5. W
6. In

7. Ar

NOTE

Shish

Shish

MAR

1 larg

4 clo

½ cu

Juice

½ cu

2 tea

2 tea

1 cup

1 tea

Zest

2 cup

KABA

2 pou

4 gre
6 lar

10 cl

10 pe

10 w

10 ba

6 ba

BAST

½ cu
Juice

GARM

1 pac

2 cup
Bund

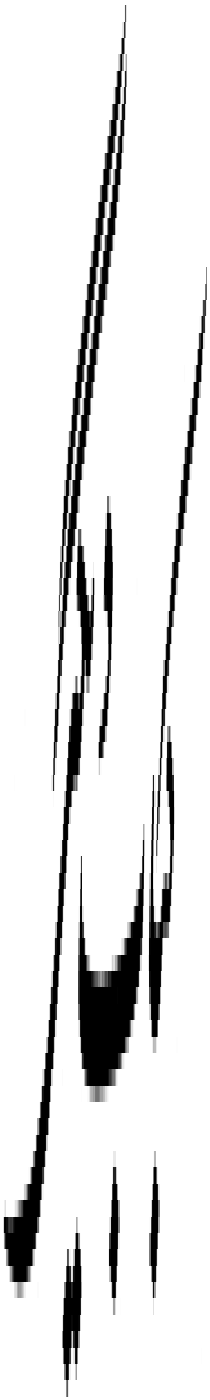
Bund

181

MEAT

FOOD

182



Sh

Kabo

1. Rir

2. Th

3. Gr

4. Pe
5. Sp

6. Pl

7. Ar

8. Co

9. Li

OVEN

Preh

2 pou
5–6 t

½ cu

2 me

1 tab

1 tea

½ te
Zest

4 clo
½ te

½ te

1 tea

4 ket
2 lar

GARM

5 fig

Juice

1 cup

1 pac
Bund

Bunc

NOTE

You c
Make

Prepa
Cook

183

MEAT

FOOD

184

4 tab

4 lar

2 pou
2 clo

2 qui
1 sm

2 car
3 tor

2 larg

1 cup

1 cup

2 cup

2 tea

½ te

2 tea

½ te

1 cup

½ te

1 tab

1 tab

1. Pre
2. Se

NOTE

This c

La

Make

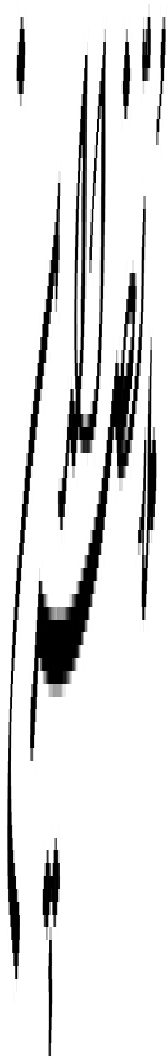
Prepa
Cook

Tas k

EATI

In or

“You



185

MEAT

FOOD

186

LAM

1 pou

1 me
2 clo

1 tea

½ te

1 tea

1 tab

½ te

1 tea

1 tea

2 tab

TOPP

1 larg

½ te
½ te

1 tab

1. In

2. Oi

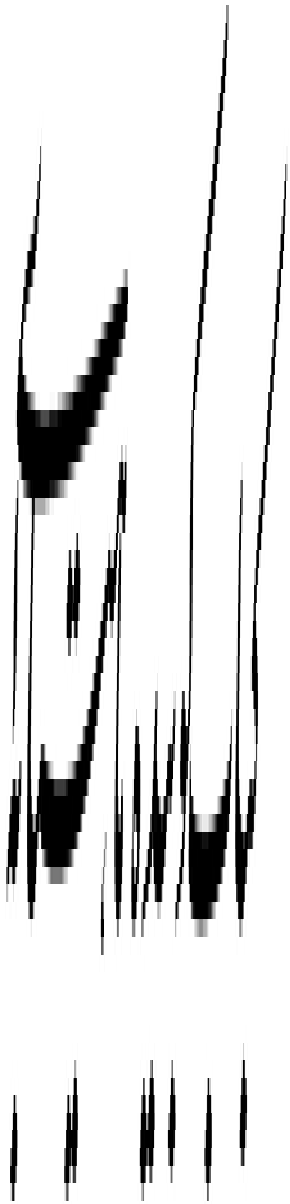
3. Co

Kabo

Gr

Make

Prepa
Cook



Kotl

1. In

2. He

3. To

Make
Prepa

Cook

1 pou

1 me

2 egg

2 lar
2 tea

1 tea

1 tea

2 tab

¼ te

¾ cu

¾ cu

GARM

2 tab

4 rip
½ te

½ te

Me

VEGE

Cook

187

MEAT

1. Cle
2. Lig

3. Sk

4. W

La

Make

Prepa
Cook

Kabo

1 lam

4 lan
4 lan

BAST

¼ CU

1 tea

1 tab

1 tea

1 tea

Zest

Make
Prepa

Cook
Kabo

La

4 lan
2 tab

sea s
fresh

1. Pla
2. Re

3. Lig
4. Th

5. Se
: Wh

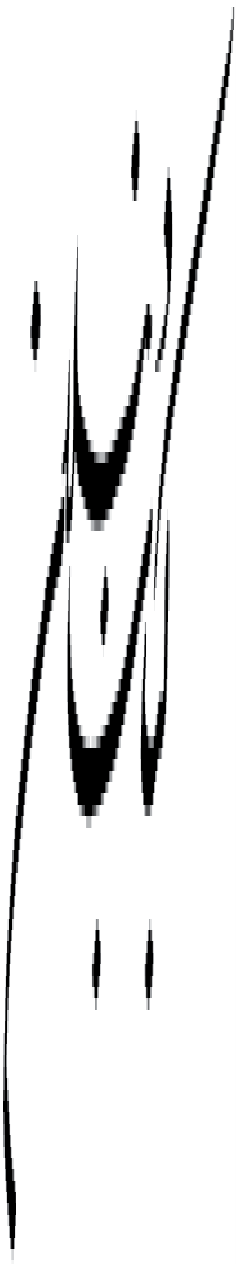
1. Pla
2. Re

3. Lig
4. Th

5. Se

NOTE

Whe



FOOD

188

1. In
2. St

3. M

4. In

5. Pa
6. M

7. Se

Ch

MAR

¼ te

Zest

¼ cu

¼ cu

¾ cu

2 lar
2 clo

½ cu
2 tea

2½ t

CHIC

6 Co
2.7kg

5 me

BAST

½ cu
Juice

GARM

1 pac

2 lim

3 bu

Sum
12 fla

Make
Prepa

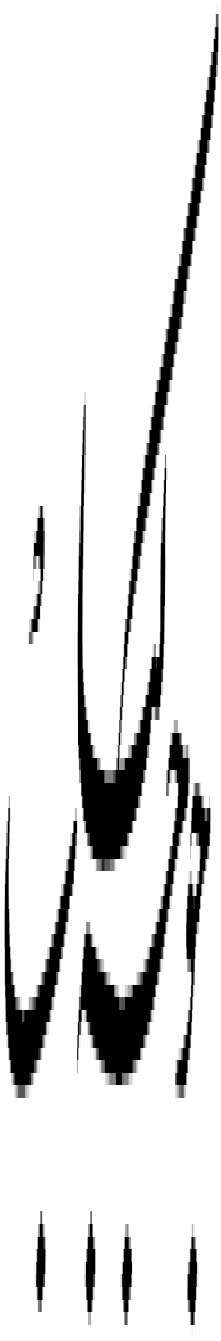
Cook

VARIA

Goos
Quai

NOTE

Your r



Jujeh

189

MEAT

FOOD

190

QUA

12 se

MAR

6 clo

1-inc

1 cup

½ te
½ cu

⅓ cu
2 tab

2 tea

2 tea

GLAZ

1 tab

1 tab

1 tab

ROSE

Mix

¼ te

½ te

2 tab

½ te

1 pac

1. Rir

2. Fo

3. M

4. Pl

5. To

6. Sp
7. Re

8. Co

Make

Prepa
Cook

Kabo

Qu

191

MEAT

9. M

10. T

VARIA

Pan-

FOOD

192

Fis

Make

Prepa
Cook

1. Rir
2. Pr

3. Gr
4. Se

Kabo

4 thi

MAR

2 oni

5 clo

½ cu

1 cup

1 tea

1 tea

½ te

1 tea

Stu

Make

Prepa
Cook

1. Wa
2. St

3. In

4. O

VARIA

Persi

Also,

Kabo

2 pou

MAR

1 larg
Zest

1 tea

½ te

½ te

BAST

6 fla
Juice

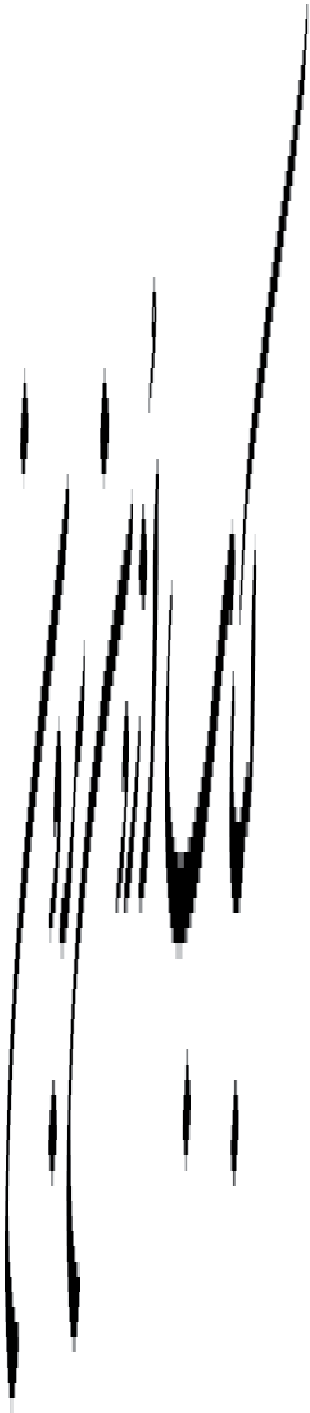
¼ cu

1 cup

1 tea

GARM

1 pac
⅓ cu



193

MEAT

193

FOOD

194

195

MEAT

Po

Buqa
1 tur

DUST

Mixt

SAUC

3 tab

2 lar
10 cl

1 cup

4 cup

½ cu

¼ cu

1 tea

2 tea

1 tea

1 tab

1 tab

2 cup

2 cup

2 cup

GARM

1 but

2 tab

½ te

½ te
Fresh

¼ cu

1. Pre

2. To

3. Ac

4. M

5. Ca

VARIA

Pom

Kash

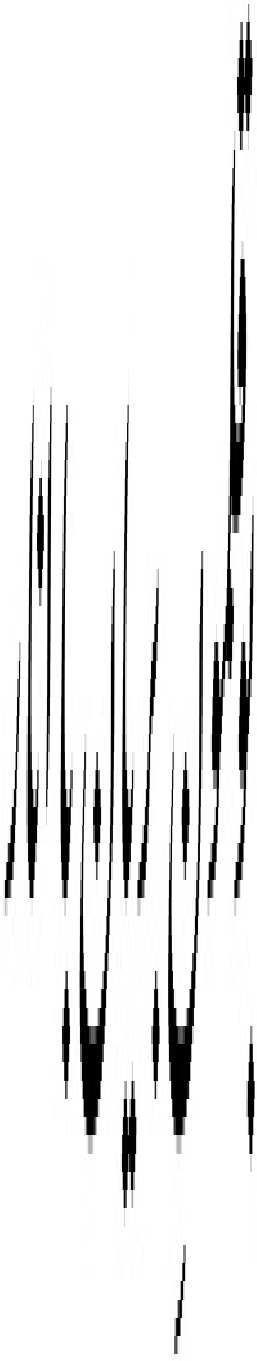
NOTE

In Ira

If you

I like
Make

Prepa
Cook



FOOD

196

Pis

Make

Prepa
Cook

1. Rin
2. Us

3. To

4. Pr

5. St
6. To

7. Se
Barr

NOTE

You c

Tradi

5-to

Juice

1 tab

1 tea

1 tab

2 tab

10 cl

STUF

¾ CU

1 tea

½ cu

2 me

2 cup

½ cu

½ cu

½ cu

¾ cu

¾ cu
2 tea

1 tea

1 tea

2 tea

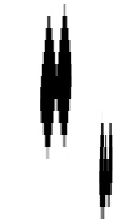
1 tea

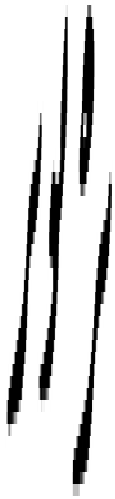
BAST

1 cup

1 tea

2 tab





197

MEAT

FOOD

198

MEA

2 me

1 pou
1 tea

½ te

1 tea

½ te
½ cu

BROT

2 tab

1 larg
1½ t

½ te
½ te

3½ C

SWE

½ cu
3 tab

1 tea

GARM

¼ cu

This

1. Lin

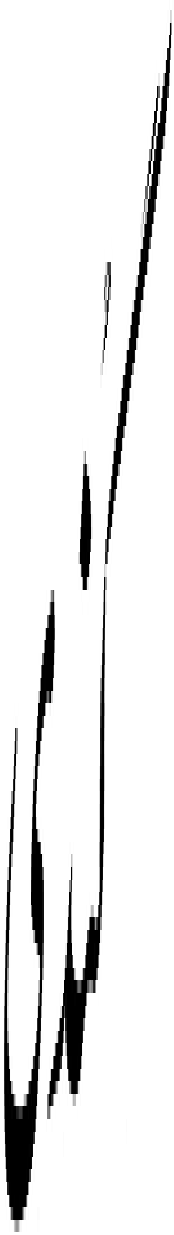
2. *To*

3. To

Make

Prepa
Cook

Ch



Gon
VEGE

Elimi

199

MEAT

FOOD

200

Ric

Make

Prepa
Cook

1. To

2. In

3. Fo

4. Pr

5. Pu
Kufta

MEA

1 cup

1 cup
2 tea

1 tea

1 tea

½ te

2 egg

2 tea

1 larg

1 pou
1 cup

1 cup
2 tab

¼ cu

2 cup

4 clo

BROT

½ cu
2 oni

2 tea

½ te

1 tea

½ te

2 tab

1 ton

6 cup
¼ cu

¼ te

GARN

2 cup

VEGE

For th

STOVE

Shap

201

MEAT

VARIA

Sum

Barb
Curri

Fava

FOOD

202

MEA

1 me

1½ C

¼ CU

3 cup

1 cup

1 cup

1 tab

1 tea

1 tea

1 tab

2 tea

2 pou
1 egg

COOL

½ Cu

GLAZ

¾ Cu

¼ cu

¼ cu

1 tea

½ te

½ te

GARN

2 tab
Sprig

1 cup

Pis

Make

Prepa
Cook

1. To

2. Pr

3. Re

4. M

5. Re
6. Pl

NOTE

Pick c

Sadaj
Kufta

VEGE

Inas

203

MEAT

FOOD

204

1. Fo

2. Fo

3. In

4. Fo

5. Pr
6. Pl

Ta

FILLI

6 eg

6 tab
6 pit

6 wa
6 dri

MEA

2 Cup

1 cup
2 tea

1 larg
1 tea

1 tea

1 tea

½ cu

1 pou

2 cup

2 cup

1 cup

2 cup

2 egg

BROT

¼ cu
3 larg

2 clo

1 tea

1 tea

1 tea

2 tab

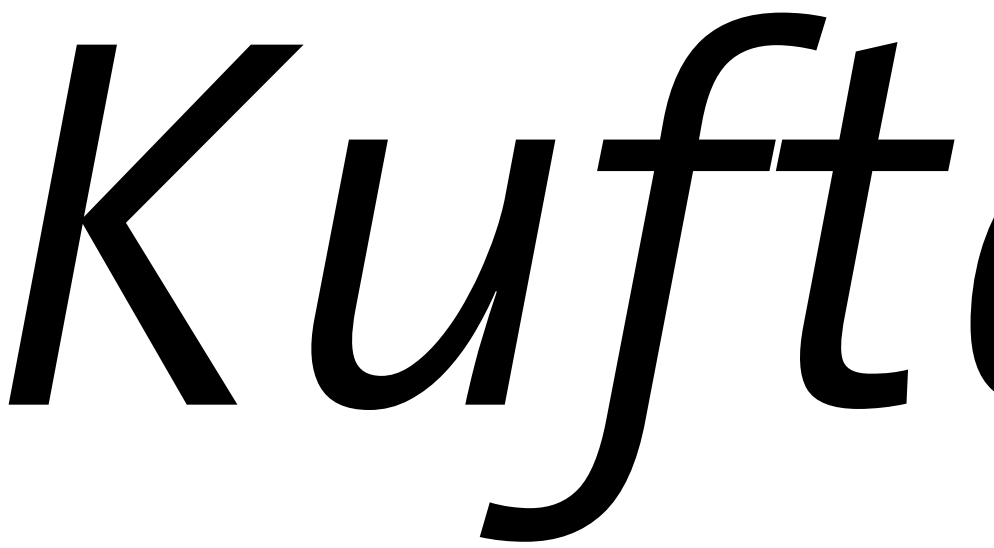
2 tab

2 tab
2 tor

8 cup

Make

Prepa
Cook


Kufta

VEGE

Cook

STOV

In ste

NOTE

Meat

205

MEAT

7. Ge
8. Co

FOOD

206

Me

Make

Prepa
Cook

Dast

MEA

2 tab
2 larg

2 clo

2½ p

1 larg
¼ cu

½ cu

¼ cu

2 tab

1 tea

1 tea

2½ t

1 tea

1 tea

½ te

2 egg

½ Cu

FILLI

1 cup

1 larg

¼ cu
3 ha

GLAZ

1 cup

¼ cu
2 tab

1. Pre
2. To

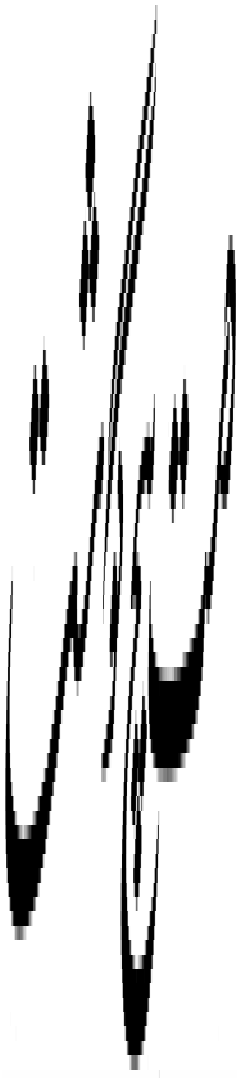
3. In

4. In

5. Pl
6. M

7. Pu
8. Re

9. Us



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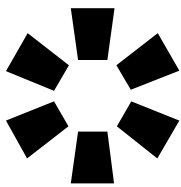


*You

207

MEAT

FOOD

208

1. Cle

2. To

3. Pr

4. In

5. Se

VARIA

Chicl

Sum
Swe

Sw

CHIC

4 Co

2 tea

1 tea

1 tea

FILLI

¼ cu
1 larg

4 clo

1 cup

1 app

1 cup

½ cu

1 tea

1 tea

2 tea

1 tea

2 tab

½ Cu

BAST

½ cu

¼ cu

¼ te

½ te

Make
Prepa

Cook
Mor

VARIA

Roas

209

MEAT

FOOD

210

Sw

Make

Prepa
Cook

1. Cl

2. In

3. To

4. St

5. Co
6. Tr

7. To

Buq

VARIA

Swee

NOTE

Your r

1 tur

RUB

2 tab

1 tea

2 tea
Juice

1 cup

1 bul

FILLI

½ Cu

3 lar
5 clo

1 cup

3 car

1 cup

¼ cu

½ cu
2 tea

1 tea

1 tab

1 tea

½ cu

1 cup

1 cup

3 cup

GRA

2 tab

2 tab

1 cup

211

MEAT

Fis

Make

Prepa
Cook

1. Pre

2. In

3. In
Gera

FISH

2 pou

YOGU

½ Cu

1 tea

1 tea

1 tea

2 tab

2 tea

1 tea

½ te
2 tab

2 clo
1-inc

2 spr

WAL

¾ cu

¾ cu

½ cu

¼ cu

2 clo

¼ cu

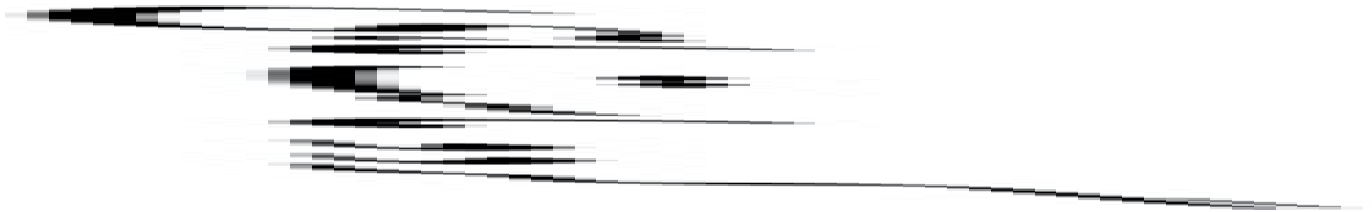
Zest

Juice

½ te

¼ te

Whe



FOOD

212

Ca

Make

Prepa
Cook

1. Rir

2. To

3. Pr

4. Pl

5. Se
6. Se

VARIA

Casp

Casp

Casp

Persi

Mah

NOTE

The f

If usi

1 wh

RUB

1 tea

¼ te

½ te

1 tea

FILLI

¼ cu
1 oni

4 clo

¼ cu

2 tab

1 cup

1 tea

½ te

¼ te
1 tab

3 tab

1 tab

BAST

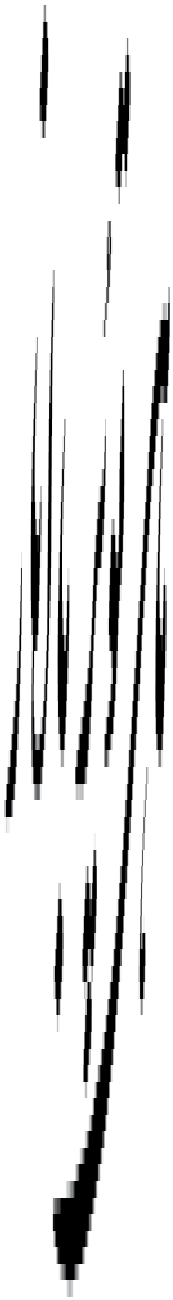
¼ CU

¼ cu
¼ te

GARM

2 tab

¼ cu



213

MEAT

FOOD

214

1. In

2. In

3. W

4. H

Se

GARN

¼ Cu

1 cup

¼ cu

4 clo
1 tab

½ te

¼ te

2 tab

DUST

1 tea

¼ te

1 tea

¼ cu

2 tab

FISH

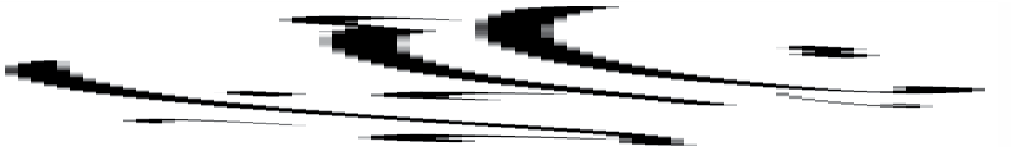
4 thi
2 tab

Juice

Make

Prepa
Cook

Mah



1. He
2. W

3. In

Pla

SWE

2 tab

4 clo

1 cup

½ cu

1 cup

1 tea

2 tea

1 tab

½ te

1 tab

FISH

4 thi
2 tab

DUST

½ te

¼ te

1 tea

1 tab

GARM

½ cu

4 spr

Make
Prepa

Cook
Mah

VARIA

If usi

215

MEAT

FOOD

216

1. Wa
2. In

3. Dr
4. He

5. In
6. Co

7. W

Sa

FISH

4 thi

DUST

1½ t

½ te

1 tea

2 tab

1 tab

½ te

FOR

¼ cu
10 cl

2 tab

1 cup

1 tea

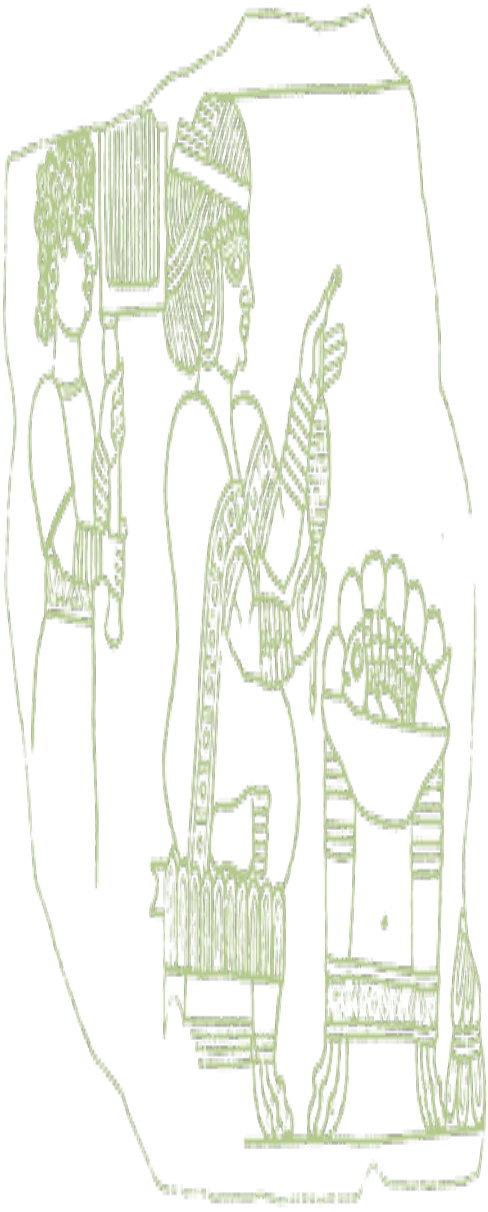
GARM

2 tab

Make

Prepa
Cook

Mah



First

217

MEAT

Saut

SUMA

1½ te

WALN

1½ t

FOOD

218

1 wh

4 bit

¼ cu
½ te

1 tea

4 clo

Sm

Make

Prepa
Cook

Smo

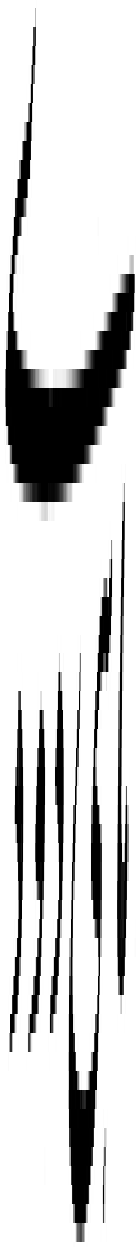
1. Pre

2. Re

VARIA

Casp

Mah



219

MEAT

FOOD

220

Fis

Make

Prepa
Cook

1. Pre
2. Ri

3. La
4. H

5. St
6. Pl

7. Se

FISH

1 larg

½ cu

¼ CU

DUST

1 tea

1 tea

1 tea

FILLI

½ cu

4 clo

½ cu
2 tab

4 sp
½ Cu

½ cu

1 cup

½ cu

½ cu

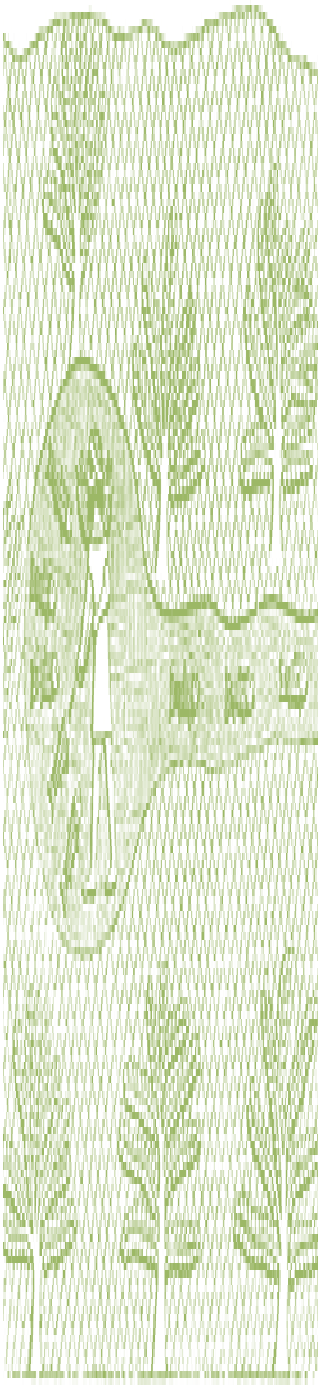
¼ cu
2 tea

¼ te
¼ te

GARM

2 bit

Mah



First

221

MEAT

FOOD

222

TH

Long
The

Like

Saffr

Settl

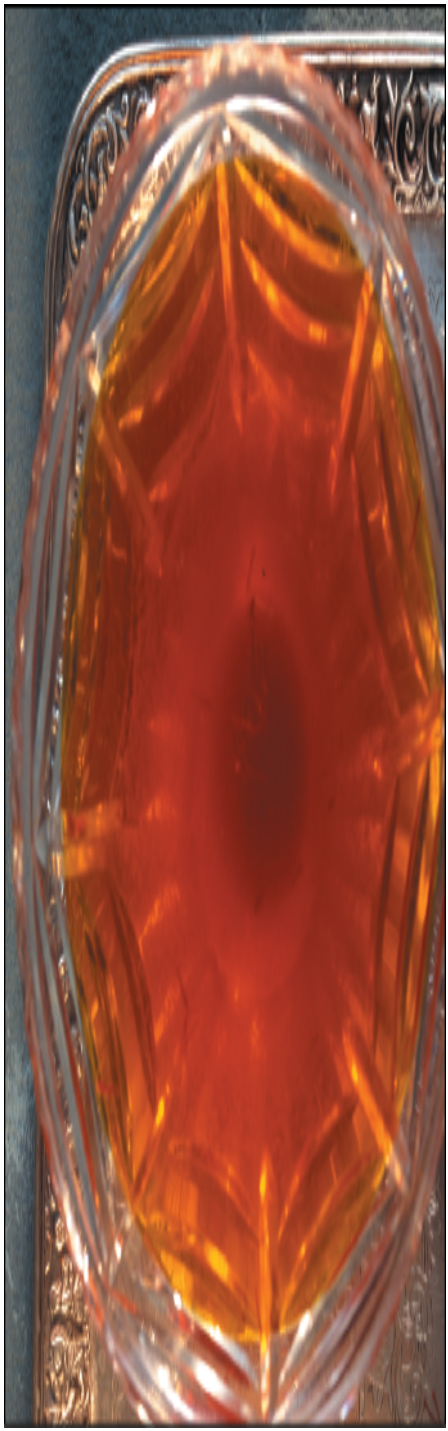
In th

This

223

THE S

colo



Saffr
Grou

Saffr

FOOD

226

227

227

SAFF

RICE

SMO

OVEN

RICE

RICE

RICE

RICE

RICE

RICE

RICE

SWE

RICE

BARE

JEWE

RICE

RICE

RICE

RICE

RICE

BAKE

BAKE

RICE

RICE

BULC

STEA

RIO

FOOD

228

And

Were

Each
To gi

And

Took

Spor
And

One
The

Obey

CAT

229

COO

Rice

Kate

Dam

FOOD

230

rem
Chel

Polo

Rice

CLEA

To w

Thro

231

RICE

POTS

A de

SELE

Irani

cool

I hav

SEMI
Sem

Clar

Chee

FOOD

232

Shee

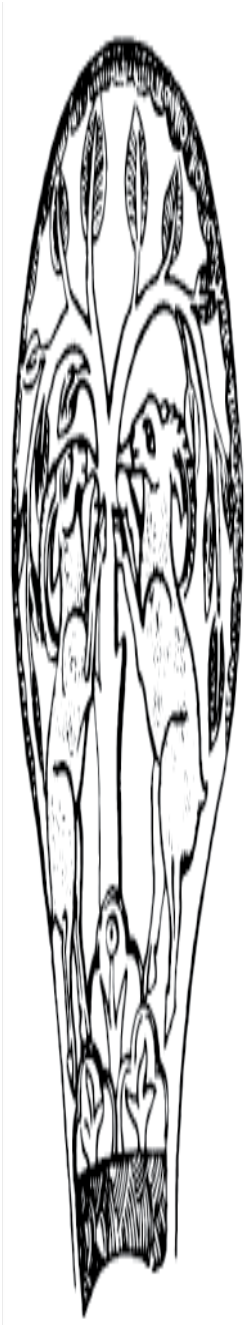
Fat-t

cool

Whe

SALT

I coo



Phot

233

RICE

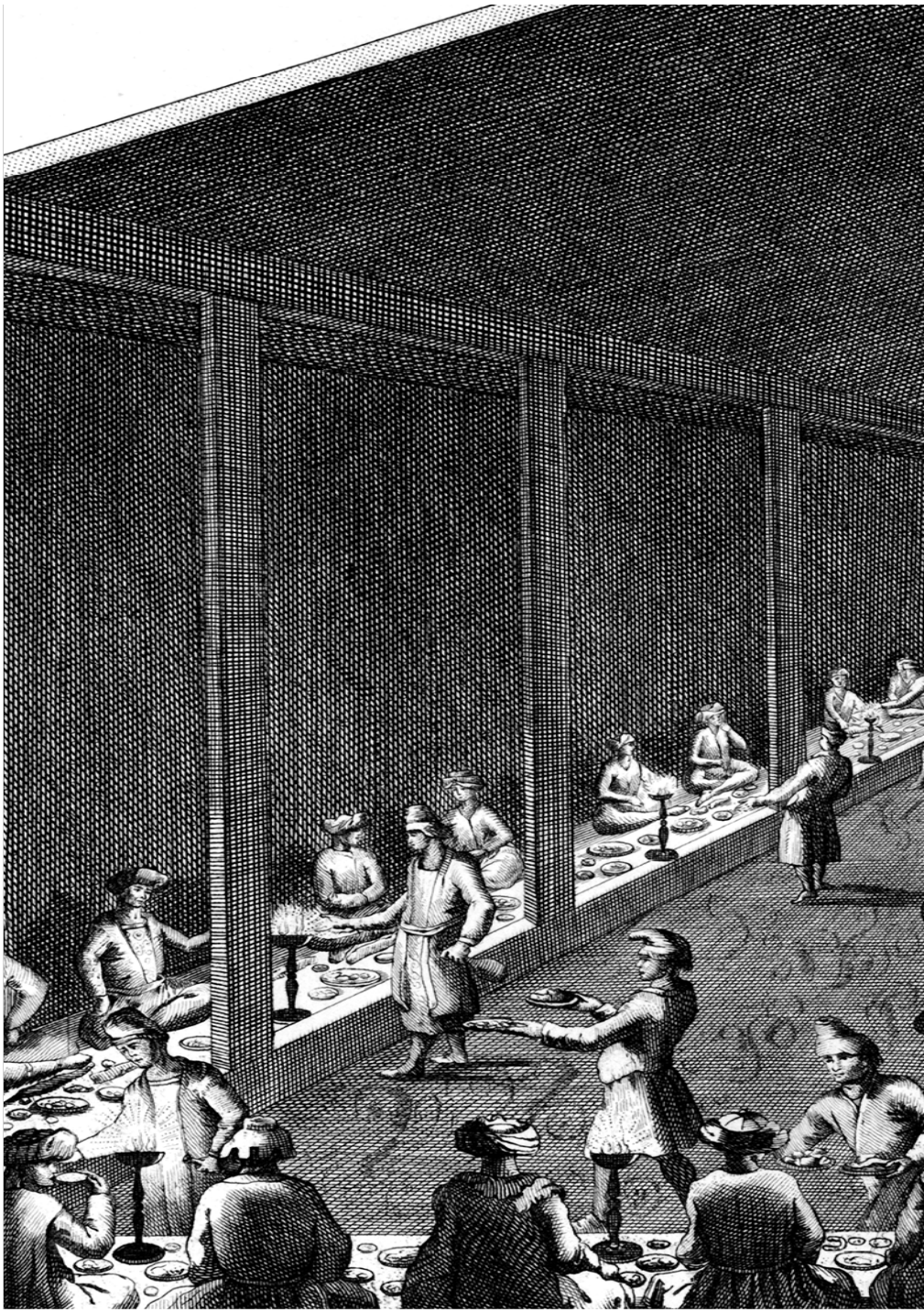
FOOD

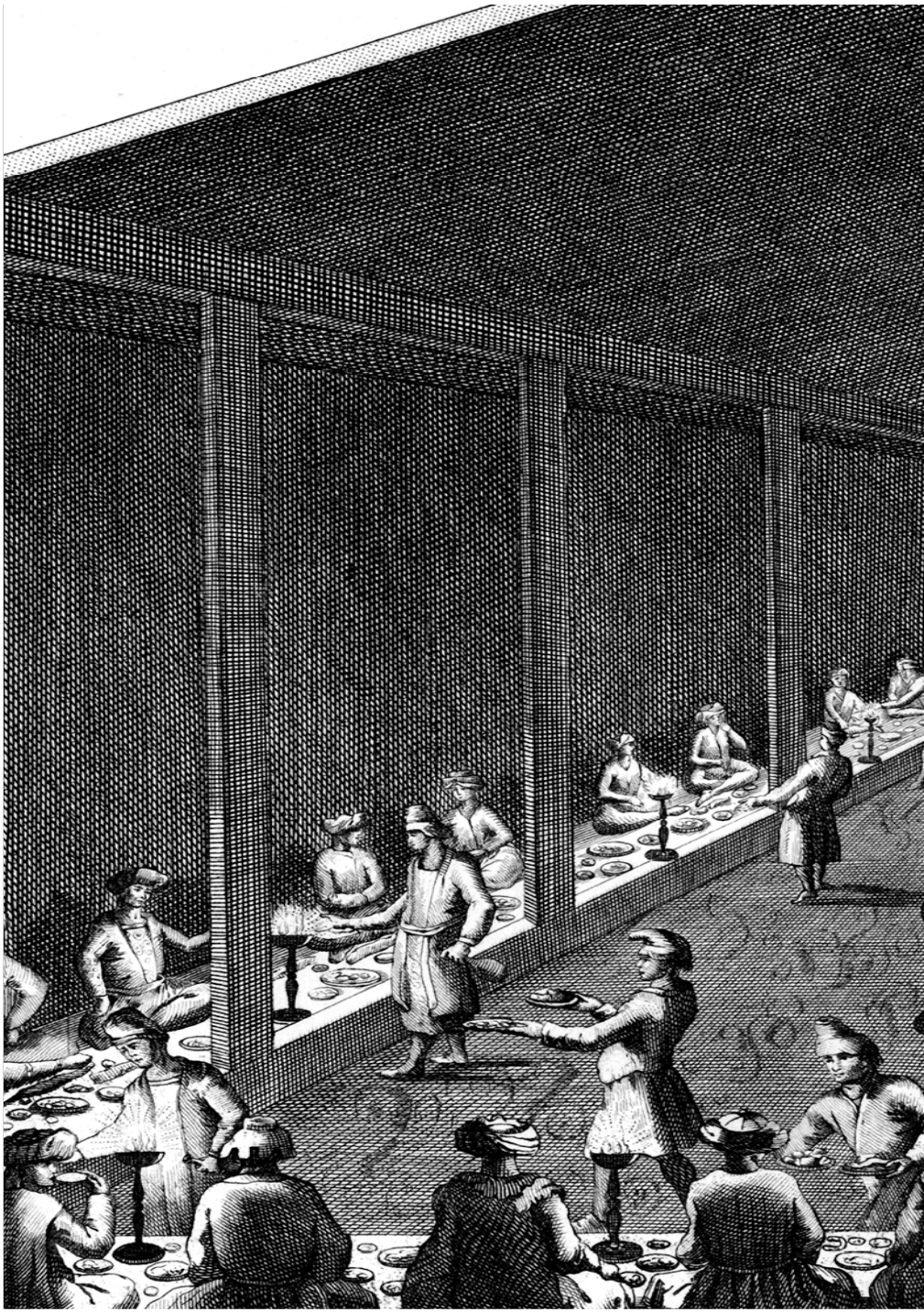
234

235

THE

They





FOOD

238

Sa

Make

Prepa
Cook

1. Pic

2. In

3. Bo

4. Dr

5. To
6. Sp

7. Ta
Chel

RICE

4 CU

10 cu
2 tab

1 tab

1 tab

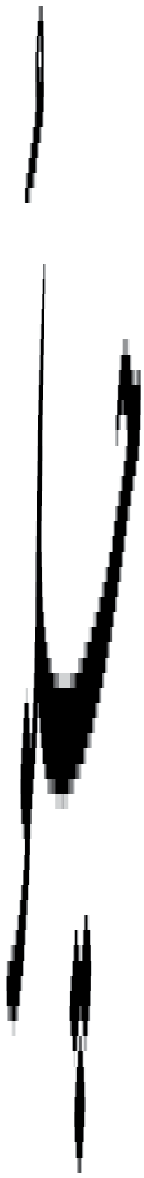
TAH-

¾ Cu

1 tea

2 tab

1 tea



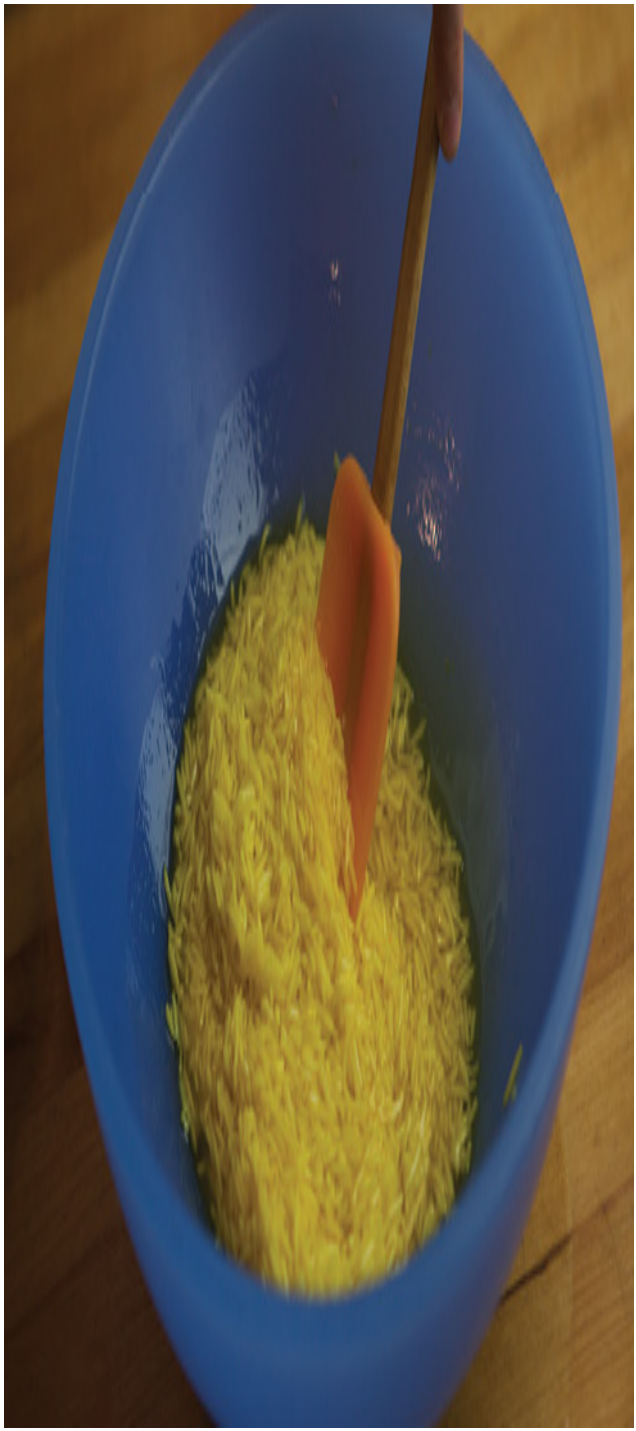
NOTE

In ste

239

RICE

HUARAH
RICE



FOOD

240

8. Co

9. M

10. R

11. Th

12. T

INDIV

To m

BROV

To m

REHE

Chel

CHEL

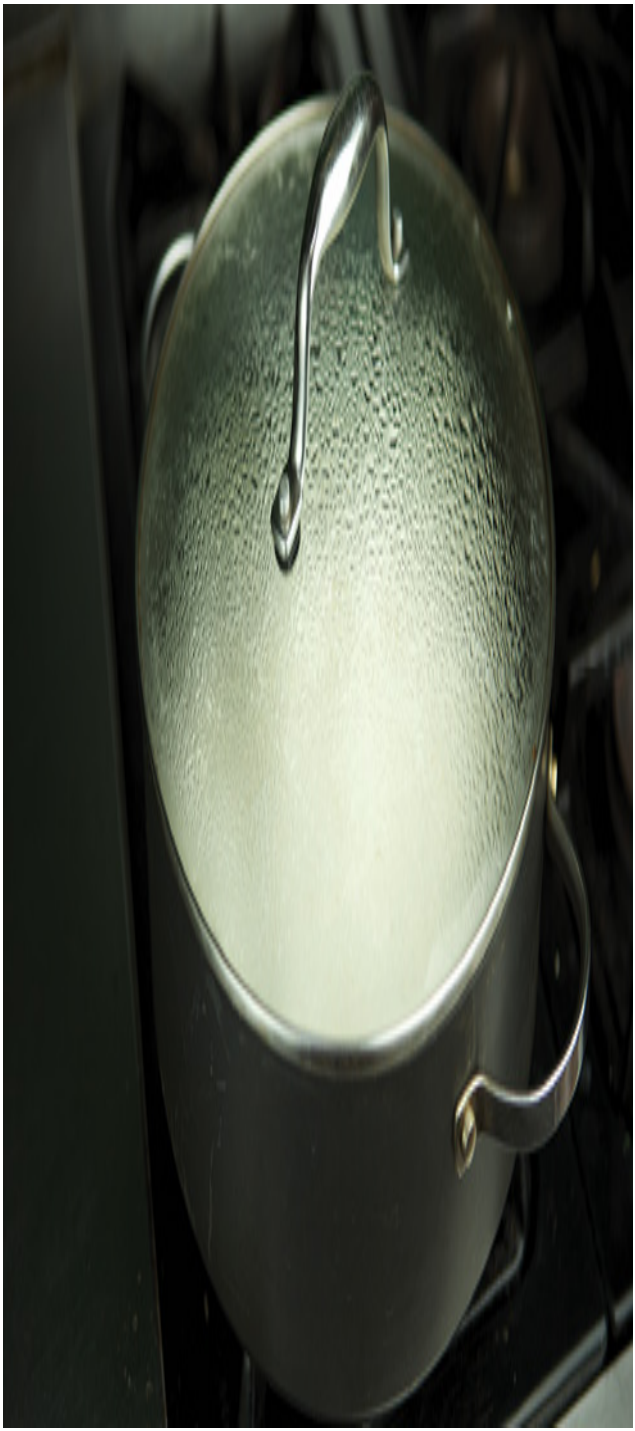
Wash

QUIC

To m

241

RICE



FOOD

242

RICE

Plain

Yogu
Milk

Egg
Lava

Potat
Quin

NOTE

I am

Tradi

243

RICE

a *lav*

a pot

FOOD

244

Ric

Make

Prepa
Cook

1. Wa
2. Co

3. Af

4. Al

5. Re

QUIN

To cc

NOTE

These
Amo

For b
In ste

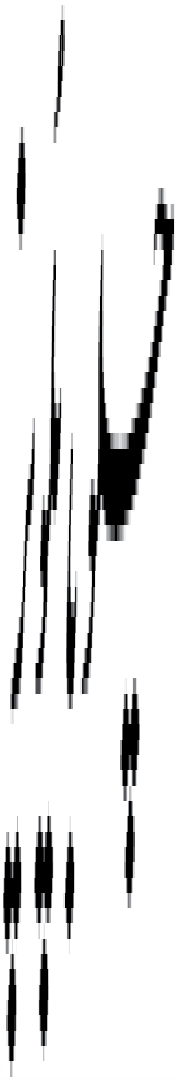
Chel

3 cup

4 cup
2 tea

½ cu

¼ te



245

RICE

FOOD

246

1. Wa
2. Pla

3. W

4. W

5. Ge
6. De

VARIA

Kerm

Milk

QUIN

To cc

Sm

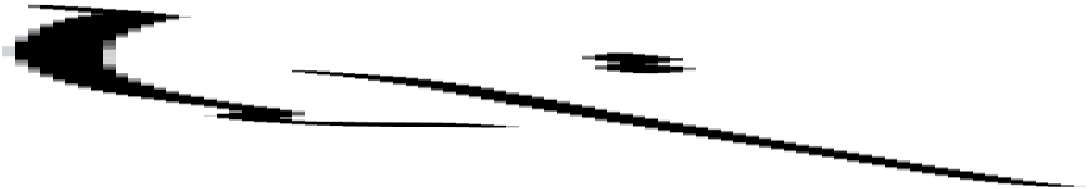
3 cup
1 tab

6 cup
½ cu

Make
Prepa

Cook

Kate



NOTE

In ste

247

RICE

FOOD

248

Ov

Make

Prepa
Cook

1. To

2. W

3. Pe

4. In

5. In

6. Pl

7. Sp
Shira

MEA

2 pou

1 larg
2 clo

1 tea

½ te

½ te
2 tab

RICE

3 cup

2 pou
1 cup

2 larg

1 cup

3 tab
2 tea

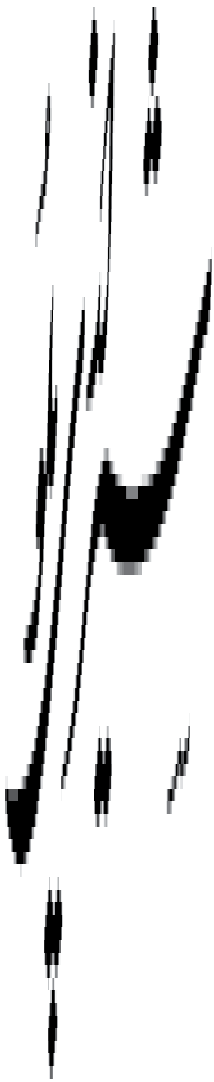
Zest

1 tea

½ cu

3 egg

2 cup
1 tea



VEGE

Elimi

NOTE

Chine

Your

249

RICE

and

8. Ba

9. Re

VARIA

Stove

FOOD

250

Ric

Make

Prepa
Cook

1. To

2. Cl

3. In

4. In

5. Br
6. To

7. Pla
8. Co

Adas

VEGE

Elimi

cook

Cook

CHIC

2 tab
2 oni

5 clo
3 Co

1½ t
½ te

1 tea

1 tea

¼ cu
¼ te

RICE

3 cup

2 cup
1 ½ t

1 cup
2 oni

2 cup

2 cup

Zest

½ te

2 tea

1 tea

2 tab

251

RICE

9. Re

10. U

11. G

12. D

RICE-

In th

FOOD

252

GRO

I hea

...Th

The

253

RICE

1. Wa
2. In

3. Ac
4. W

5. Ge
6. Us

VARIA

Smo

Smo

Ric

2 cup

3 cup

1 cup

3 larg

1 tab

½ te

1 tab

2 tea

GARN

½ Cu

½ cu

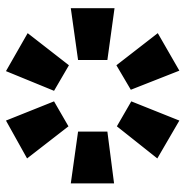
6 eg

Make
Prepa

Cook

Dam

NOTE



*Yello

To co

FOOD

254

Ric

Make

Prepa
Cook

1. To

2. Fo

3. Br

4. He

5. To

6. Pl

7. Co
Resh

MEA

3 tab

1 oni

1½ p

1 tea

½ te

½ te

1 tea

2 tab

¼ te

RICE

2 Cup

½ po
½ cu

2 oni

1 cup

1 cup

Zest

1 tea

2 tea

TAH-

Lava

VEGE

Elimi

NOTE

If you

255

RICE

8. Re

9. Th

10. T

VARIA

Cook

FOOD

256

Ric

Make

Prepa
Cook

1. In
2. To

3. In

4. Br

5. To

6. Pl

7. Co
8. M

Qeys
MEA

3 tab
1 oni

1½ p

1 tea

½ te

1 tea

1 tea

¼ cu

¼ te

RICE

3 cup
¾ cu

2 oni

2¼ c

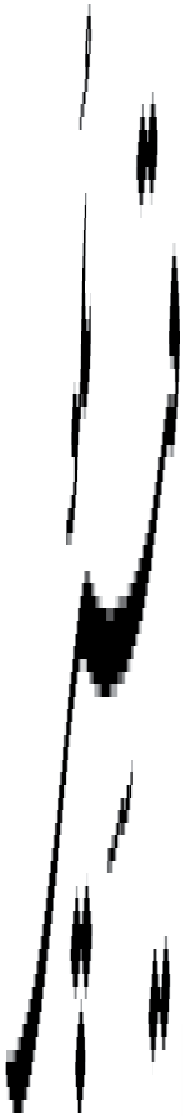
1 cup

1 cup

1 tea

½ te

½ te
2 tab



VEGE

Elimi

NOTE

You r

257

RICE

9. W

10. U

11. G

12. D

VARIA

Rice

Rice

FOOD

258

Ric

Make

Prepa
Cook

1. To

2. To

3. Sh

4. Br

5. Bo
6. To

Baq

DUST

2 tea

½ te

½ te

1 tab

LAM

6 lar

6 tab
2 larg

8 clo
1 tab

Zest

Zest

Juice

½ te

2 tea

2 tea

1 cup

RICE

3 cup
2 pou

½ te
2 tab

1 cup

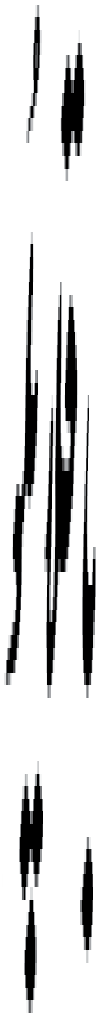
½ cu

1 tea

6 cu

1O ba
2 tea

2 tea



VEGE

Elimi

NOTE

For a

259

RICE

7. Ta
8. M

9. W

10. R

11. D

VARIA

Brais

VARIA

Pista

FOOD

260

1. Pic

2. Po

3. In

4. To

5. Co
6. M

7. Re

8. M

9. U
Ric

RICE

3 cup

8 clo

3 cup

1 cup

2 cup

3 tab
2 tea

½ te

2 tea

2 tea
2 tab

1 tab

1 tab

1 tab

1 cup

1 cup

1 cup

SHRI

2 tab

1 pou
1 tea

½ te
½ te

½ te
½ te

1 tab

Make

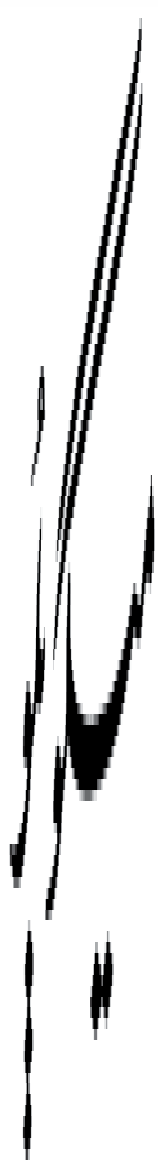
Prepa
Cook

May
VEGE

Elimi

TAH-I

Fish



261

RICE

In th

In th

By th
Fina

The

THE

FOOD

262

Sw

Make

Prepa
Cook

1. To

2. Cl

3. To

4. In

5. Ac
6. Br

7. To

8. Pl

Shiri

CHIC

2 you
2 tea

1 tea

1 tea

¼ cu
2 larg

2 clo

¼ te

RICE

3 cup

2 cup
⅔ cu

2 cup
1 tea

2 cup

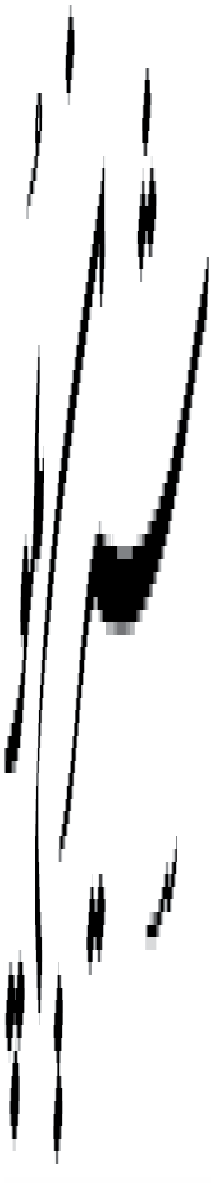
1 cup

1 cup

1 tea

2 tea

lava



VEGE

Elimi

VARIA

Swee

263

RICE

9. Co

10. M

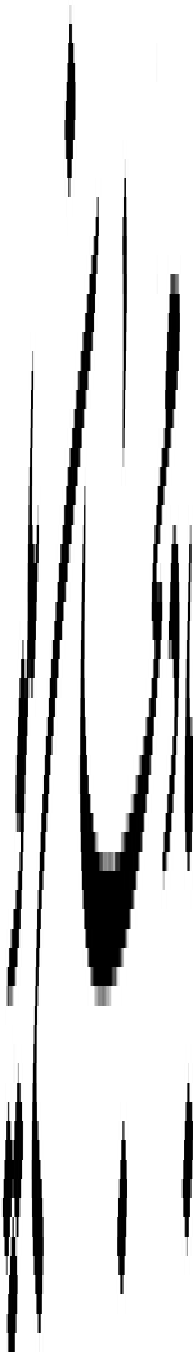
11. G

12. R

13. D

FOOD

264



Ric

Make

Prepa
Cook

1. To

2. Ri

3. To

4. Br

5. To

6. Pl

7. Co
8. Sw

Bade

MEA

3 tab
2 pou

2 oni

1 tea

½ te

1 tea

1 tea
2 larg

3 tab

EGGP

¼ cu

2 pou

RICE

3 cup

1 cup

1 tea

3 tea

GARM

1 cup

1 cup

VEGE

Elimi

NOTE

Sada

265

RICE

pot f
9. Ge

10. D

VARIA

Rice

Rice

FOOD

266

Ba

Make

Prepa
Cook

1. To

2. To

3. To

4. In

5. Br
6. To

7. Pla
Zere

VEGE

Elimi

NOTE

Your r

CHIC

2 you

2 tea

1 tea

1 tea

¼ cu

2 oni

2 clo

¼ te

RICE

3 cup
2 cup

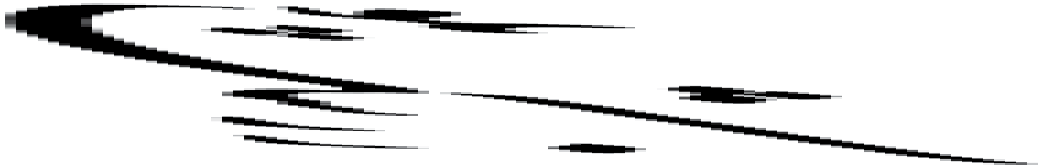
1 cup
2 tab

1 oni

4 tab

1 tea

4 tab



267

RICE

8. M

9. Re

10. R

11. Th

Barbe

FOOD

268

Jew

Make

Prepa
Cook

Jewe

1. Wa

2. Cl

3. He

4. In

5. To

6. He

7. In

Java

3 cup

1 cup

1 cup

½ cu

¼ cu

½ cu

1 tea

1 cup
2-3 la

2–3 I

One

2 tea

1 tab

NOTE

Soak

To m
To m

You c

To ov

conti

269

RICE

FOOD

270

8. To

9. Ta

10. S

11. W

12. R

13. G

14. D

NOTE

If you

PHOT

8. Sp

9a. M
9b. 1C

11. 70
12. Je

13.Go

271

RICE

FOOD

272

Ric

Yel

Make

Prepa
Cook

In pa

1. To

2. Cl

3. In

4. To

5. Pla

6. Po

Qeyr

VEGE

Elimi

MEA

3 tab

3 oni
2 pou

2 tea

½ te

1 tea

½ cu

2 cup
6 wh

2 tab

¼ te

RICE

3 cup

2 tab

¾ cu

½ te

1 tab

2 tea

GARM

1 tab

2 tab

1 cup
2 tab

2 tab

2 tab

273

RICE

7. W
8. M

9. To

10. D

FOOD

274

Ric

MEA

2 tab

2 pou
1 larg

½ te
½ te

½ te

¼ te

RICE

2 Cup

1 tea

3 cup

CARR

2 tab

2 me

2 car

1 cup

½ cu

½ cu

1½ c

Zest
2 tab

1 tea

2 tea

1 tea

PAST

10-ir

1 cup

1 pac
1 tab

Make
Prepa

Cook

1. To

2. To

3. To

4. Pr
5. La

6. Pl

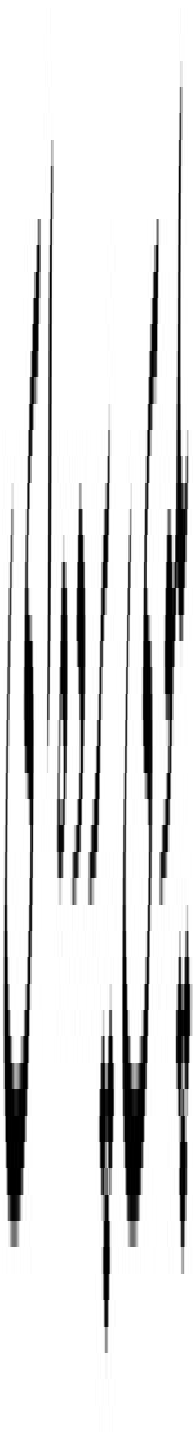
Polo

VEGE

Elimi

NOTE

You c



275

RICE

7. Ba
8. Re

FOOD

276

Ric

Make

Prepa
Cook

1. To

2. To

3. To

4. To

5. Br
6. To

7. Pla
8. Co

Kala

VEGE

Remo

MEA

1 pou
1 oni

1 tea

½ te

½ te
½ te

¼ te

CABE

5 tab
1 larg

1 tea

½ te

2 tab
6 me

RICE

3 cup

¾ cu

1 tea

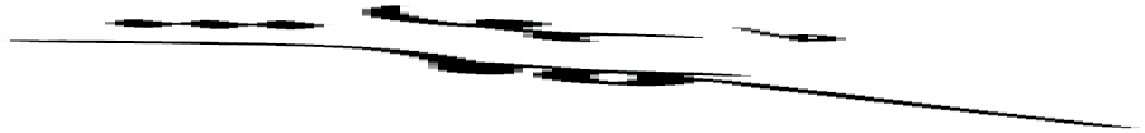
1 tab

1 tab

GARM

2 tab

1 larg



277

RICE

9. M

10. T

11. D

FOOD

278

Ric

Make

Prepa
Cook

1. To

2. To

3. Br

4. To

5. Pl
6. Pc

MEA

3 tab

2 lar
2 clo

2 pou
2 pou

2½ t

1 tea

1 tea

1 tea

1 tea

6 lar

Juice

RICE

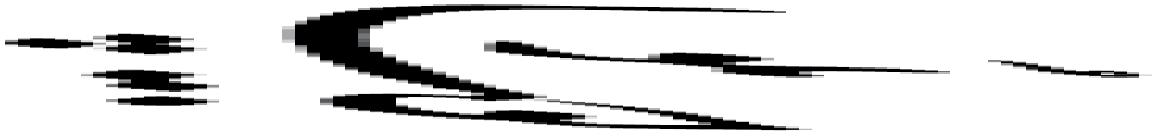
3 cup

1 cup

½ te

1 tea

1 tab



VEGE

This i

Lubi

279

RICE

7. Ta
8. Ge

9. De

FOOD

280

Ric

Make

Prepa
Cook

1. In
2. Cl

3. Br

4. To

5. Pl
6. Pc

7. Re
8. Ge

9. De

10. S

Eslar

SAUC

5 tab
1 larg

4 clo

½ be

2 pou
1½ t

1 tea

½ te

1 tea

1 tea

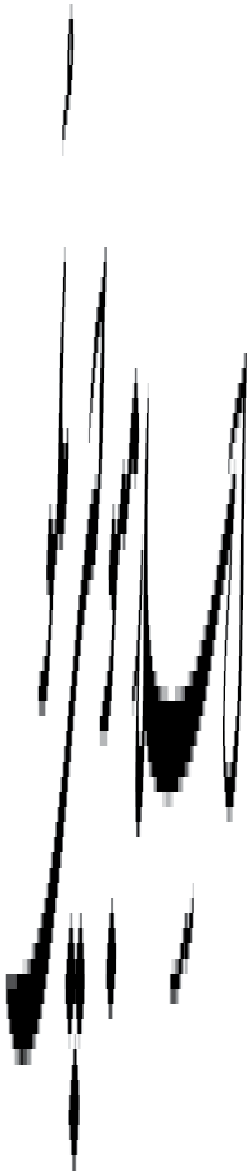
3 tab
6 me

RICE

3 cup

½ cu

¼ te



VEGE

Elimi

281

RICE

RICE
In a

VARIA

You c

FOOD

282

Ba

Make

Prepa
Cook

1. Pla

2. Fo

3. To
4. He

5. Pl
6. Re

7. Re
8. Ba

Tah-

VEGE

Rem

STOV

Stove

MEA

2 pou
2 oni

2 clo

1 tea

½ te
½ te

½ te

YOGU

2½ c

1 tea

1½ t

1 tea

1 tab

1 tab

2 tea

Zest

RICE

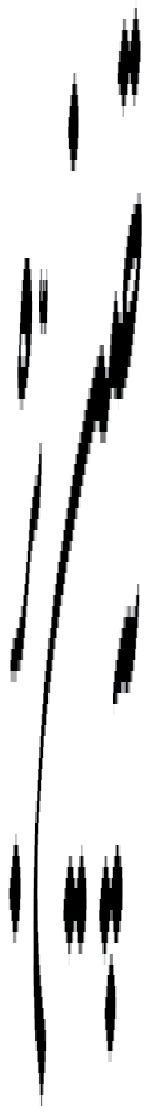
3 cup

1 cup

4 on

1 cup

4 egg

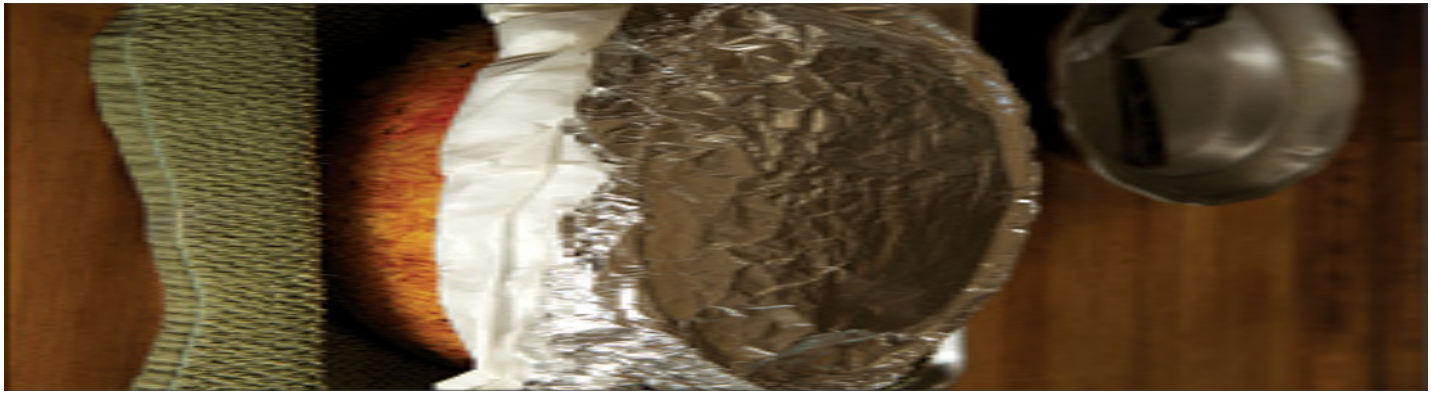


283

RICE

9. Sp
10. S

Photo



FOOD

284

Ba

Make

Prepa
Cook

1. To

2. Cl

3. He
4. To

5. Pl
6. Pl

Tah-

MEA

2 pou
1 larg

2 clo

1 tea

½ te
½ te

1 tea

FOR

1½ c

1 tea

½ te
½ te

3 egg

RICE

3 cup

1 cup

1 larg

2 pou

1 tea

½ te

2 cup

VEGE

Elimi

NOTE

This d

For a

285

RICE

7. Ba
8. Re

FOOD

286

RICE

3 cup

½ cu

2 cup

2½ c

2 cup

1 tab

¾ cu

1 tea

1 tea

8 gre

FISH

1 larg
4 tab

DUST

½ CU

4 tab

4 sm

Ric

Make

Prepa
Cook

1. To

2. In

3. To

4. Pl

5. Po
6. He

7. Re

NOTE

If usi
Sabz

VEGE

Elimi

VARIA

Rice

Valak

287

RICE

and u

FOOD

288

Ric

Make

Prepa
Cook

1. To

2. In

3. Cl

4. Br

5. To

6. Pl

7. Co

Alba

VEGE

Rema

NOTE

I pref

If you
If you

CHIC

1 tab

2 you
2 larg

1 tea

½ te

1 tea

2 tab

¼ te
2 kaf

SOU

3 po

1½ c

2 tab

½ te
½ te

1 tab

1 tea

RICE

3 cup

½ cu

Lava

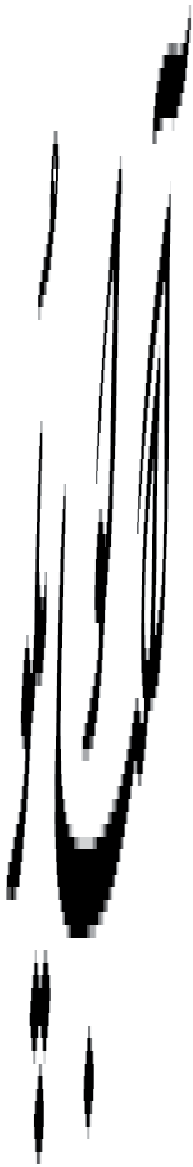
GARM

2 tab

2 tab

½ cu

1 tab



289

RICE

8. W

9. Re

10. G

VARIA

Sour

FOOD

290

Bu

½ cu
2 sha

3 cup
1 tab

½ te
½ te

5 cup

Bulg

1. In
2. Ac

Make
Prepa

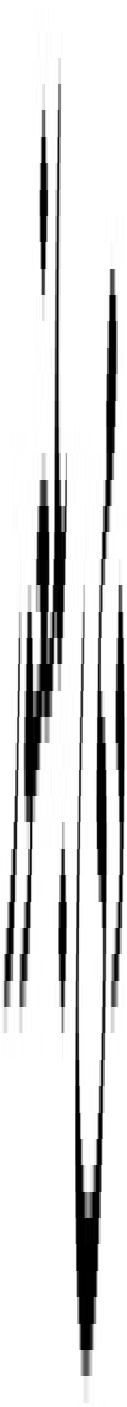
Cook

Dam

QUIN

You c

First



291

RICE

Ste

Make

Prepa
Cook

1. To

2. To

3. Ac
4. Ju

Dam

1/2 C

2 lar
2 clo

1-in/

2 ser

2 cup
1 tab

½ te

1 tea

2 tea

1 cup

6 cup
1 larg

Juice

GARM

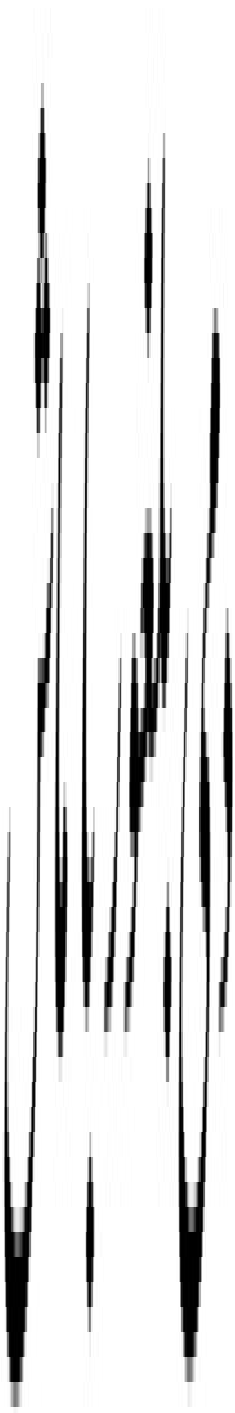
4 cup
2 tab

VARIA

Repla

FAIR

The



FOOD

294

295

OKRA

CARR

BUTT

CARD

CELE

UNR

MUS

JUJU

FAVA

CASP

GREE

SPIN

CASP

POM

EGGP

RHU

BARE

SPIN

ORAM

KERA

PEAC

QUIN

APPL

BABY

FRES

EGGP

POTA

YOGU

KERA

PLUM

PERS

295

BR

FOOD

296

297

Khor

Khor

The

In th

Khor

Phot

FOOD
298

299

MEM

Few
Afte

FOOD

300

Ok

Make

Prepa
Cook

1. In

2. Po

3. Cu
4. W

5. Ch
6. Tr

VARIA

Persi

NOTE

If you

Khor
VEGE

Elimi

5 tab

2 me
4 clo

1 pou
1 tea

½ te

1 tea

½ re

1 gre

3 tab
1 ton

1 pou
3 tab

1 tab

301

BRAIS

FOOD

302

Ca

Make

Prepa
Cook

1. In

2. Po

3. In

4. Cr

5. Tra

VARIA

For a

For a

PHOT

For t

Khor
VEGE

Elimi

6 tab

2 larg
1 clo

1 pou
2 tea

½ te
½ te

1 tea

1 tea

Zest

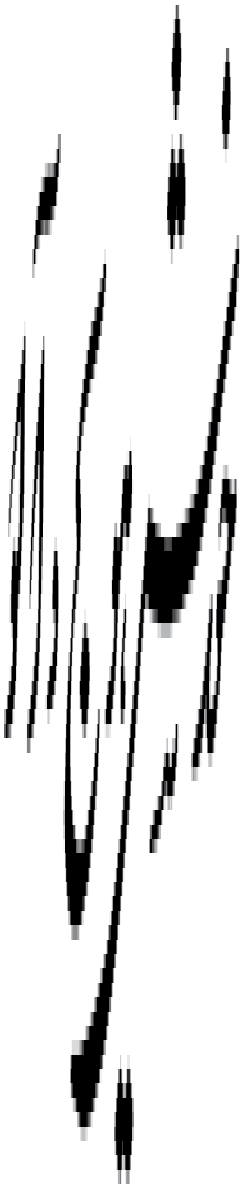
1 pou

¼ cu
2 tab

½ cu

1 cup

¼ te



303

BRAIS

FOOD

304

305

BRAIS

1. In

2. Po

3. M
4. W

5. Ch
6. Tr

Bu

6 tab
2 larg

1 pou
1 tea

½ te
½ te

1 tea

3 pou

2 tab

¼ cu

¼ te
2 cup

Make
Prepa

Cook
Khor

VEGE

Elimi

FOOD

306

Ca

Make

Prepa
Cook

1. To

2. In

3. Po

4. Dr

5. W
6. Ch

7. Se

NOTE

Card

To cle

Khor

1 pou

1 tea

6 tab

2 larg

1 pou

1 tea

½ te

½ te

2 cup

1 cup

½ cu

½ cu

¼ te

VEGE

Repla

307

BRAIS

FOOD
308

309

BRAIS

1. In

2. Po

3. In

4. Ac

5. Ta
6. Se

Ce

6 tab
2 larg

2 clo

1 pou

1½ t
½ te

1 tea

1 bur

3 cup
½ cu

1 tab

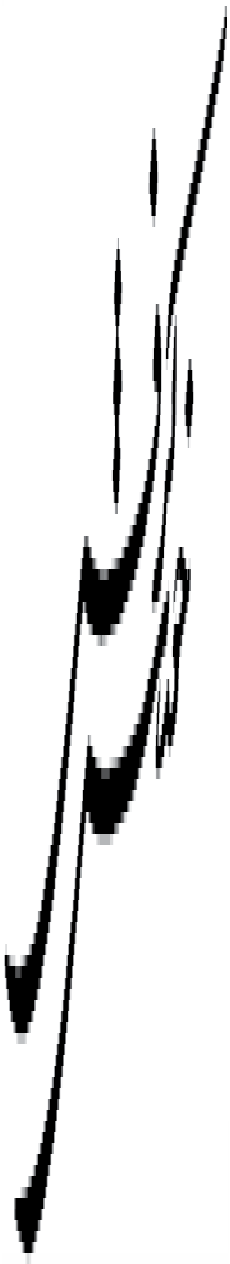
½ cu

½ te

Make

Prepa
Cook

Khor



VEGE

Elimi

SLOW

In a w

FOOD

310

Un

I was

1. In

2. In

3. In

4. Ac

5. Ta
6. Se

MEA

1 pou

1 oni

1 tea

½ te

1 tab

¼ cu
2 tab

2 tab

SAUC

4 tab
2 me

2 clo

1 bur

2 gre
1 tea

½ te

1 cup

1 cup

1 cup

2 tab

1 tab

2 larg

1 cup

1 tea

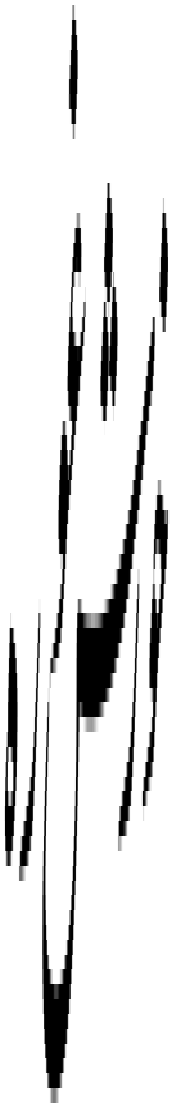
2 tab

Khor
Servi

Prepa
Cook

VEGE

Elimi



311

BRAIS

1. In
2. Cl

3. Ac
4. Ta

5. Tra

Mu

6 tab
2 larg

2 clo

1 pou

1 tea

½ te

1 tea

1 pou

1 tab

2 tab

2 tab

1 tab

¼ te

2 egg

1 tea

Make

Prepa
Cook

Khor

VEGE

Elimi

Juj

Make

Prepa
Cook

1. To

2. In

Khor
MEA

1 pou
1 me

1 tea

½ te

½ te

1 tea

1 tab

2 tab

SAUC

2 tab

1 me
2 clo

2 tab

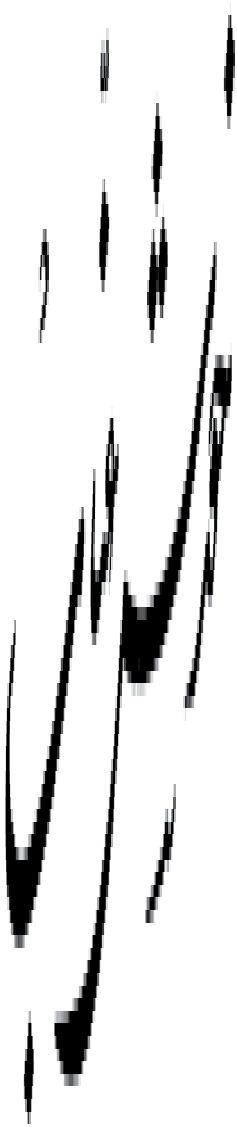
1 cup

⅓ cu

1 cup

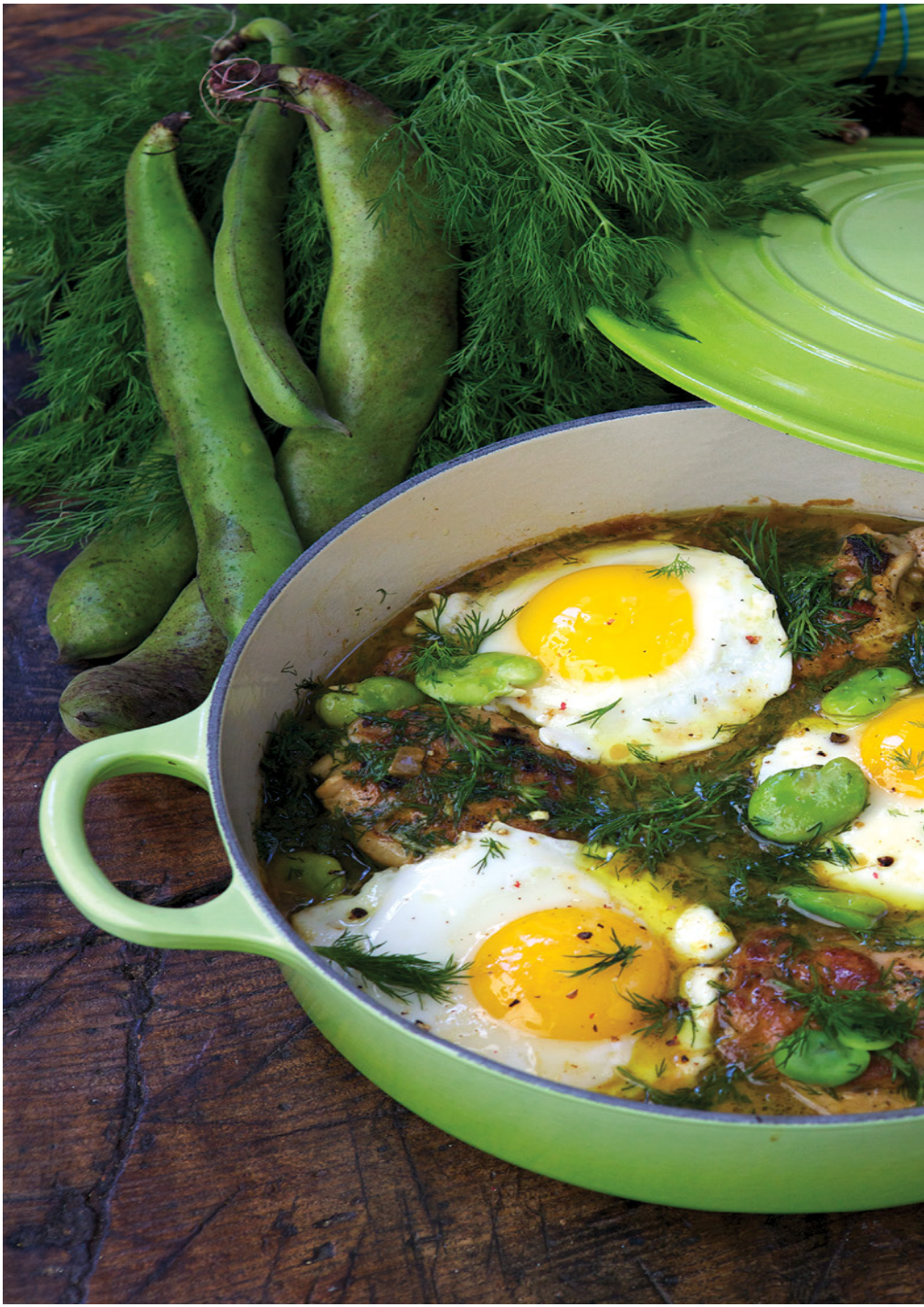
3 tab

4 cup



FOOD

312



313

BRAIS

1. In
2. Ac

3. To

4. In

5. Ch
6. Ta

8. Se

VARIA

Casp
Fa

MEA

3 tab

1 pou
2 me

7 clo
1 tea

½ te

1 tea

FAVA

2 pou

froze

3 tab

½ te

1 tea

2 cup

1 cup

½ te

3 egg

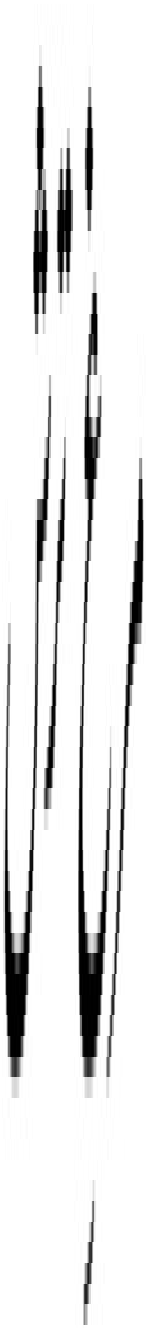
Make
Prepa

Cook
Khor

VEGE

Elimi

Morg



FOOD

314

Gr

Make

Prepa
Cook

1. In

2. Po

3. Cu

4. In

5. Ac
6. Ac

7. Se
Khor

6 tab

1 pou

2 larg
1 clo

1 tea

½ te

½ te
½ te

½ te

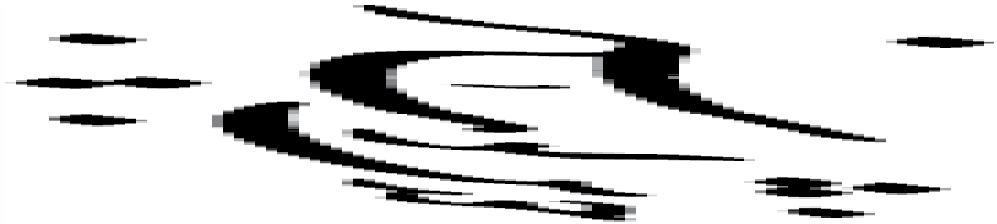
1 pou

3 tab

1 me

2 tab

¼ te



VEGE

Elimi

315

BRAIS

FOOD

316

317

BRAIS

1. He
2. Ju

1. To

2. Po

3. To
4. Cr

Ca

Sp

½ cu

2 cup

1 cup

2 cup

1 cup

1 cup

1 cup
2 tea

1½ to
2 tab

10 cl

5 egg

½ te

1 cup

MEA

3 tab

1 larg

1 pou

1½ t
½ te

½ te

SPIN

3 tab
2 larg

2 pou
1½ c

1 tab

¼ cu

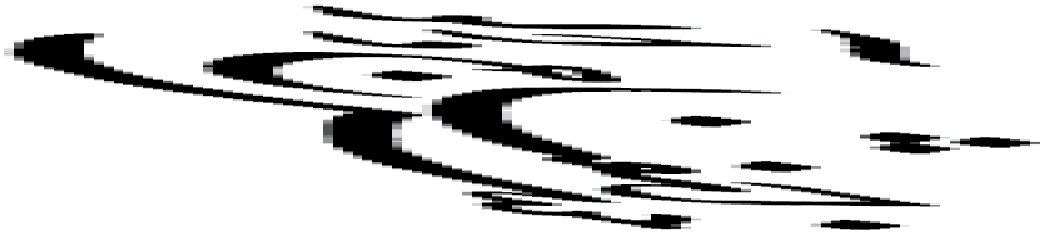
Make
Prepa

Cook
Make

Prepa
Cook

Khor

Khor



NOTE

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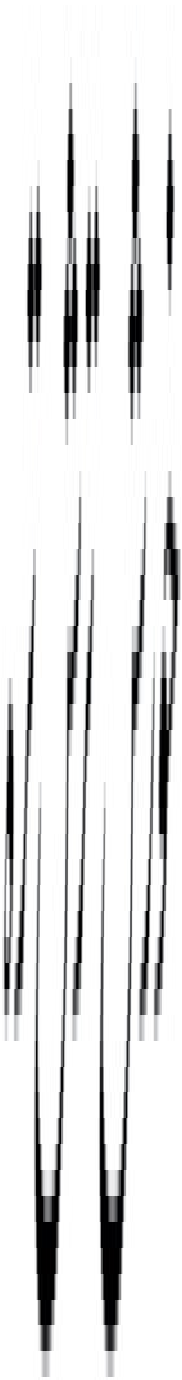


FOOD

318

Po

Make

Prepa
Cook

1. To

2. In

3. In

5. Th

6. Ju

VARIA

Casp
Pista

Pom

Khor

VEGE

Elimi

NOTE

The b

2 pou
6 tab

2 lar
2 clo

½ po
1 tea

¼ te

½ te

½ te

2 tea

4 cup
1 tab

¼ te

2 pou

1 tea

GARM

Aril
2 tab

319

BRAIS

FOOD

320

This

1. Re

2. Ar

3. Pr

4. To

5. In

6. Ar

7. Co

8. Re

Eg

8 Ch

½ Cu

WAL

1 cup

4 clo

1 cup

1 cup

1 cup

½ cu

1 tab

2 tea

¼ te

1 tea

¼ te

¼ te

1 ser

2 tab

3 cup

GARN

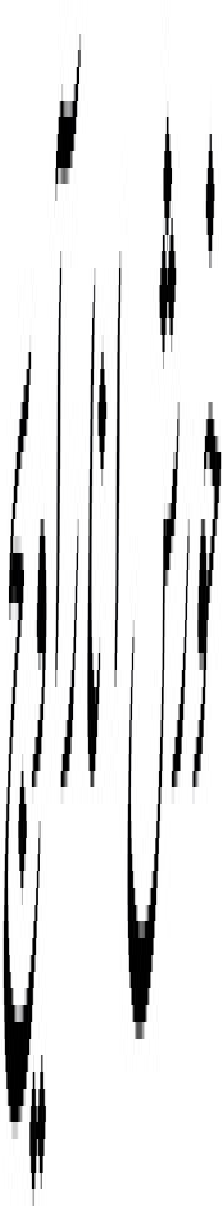
½ Cu

¼ cu

Make

Prepa
Cook

Khor



321

BRAIS

From

1. In

2. Po

3. In

4. Ac
5. Pr

6. Ac

7. Se

Rh

6 tak
2 oni

1 pou
1½ t

½ te
½ te

3 cup
½ cu

¼ te
1 tab

2 tab

1 pou

Make
Prepa

Cook
Khor

VEGE

Elimi

FOOD

322

323

BRAIS

1. In
2. Ac

3. M

4. In

5. Ch

VARIA

Barb

Ba

2 tab
2 larg

1½ p

1 tea

½ te

¼ te

½ te

1 tea

2 tea
2 tab

¼ te

GARN

2 tab

¼ cu

¼ CU

BARE

2 tab

1 ½ c

¼ cu
¼ te

2 tab

Make

Prepa
Cook

Khor

VEGE

Elimi

Barb
Stuff

FOOD

324

1. To

2. In

3. In

4. M

5. Ac
6. Se

NOTE

Sour
Sp

MEA

1 pou

1 sm

1 tea

½ te
½ te

2 tea
3 tab

SPIN

3 tab

1 larg
2 clo

2 pou
1 cup

1 tea

¼ te

¼ te

3 cup

1 tab

½ te

1 tab

Make

Prepa
Cook

Esfer
VEGE

To m

A SW

The

As fo
The

The
Bitt

As fo

Last

Unti
325

THE C

FOOD

326

Or

Make

Prepa
Cook

1. In

2. Po

3. M
4. Pe

5. In
6. Tr

7. Ch
8. Ju

Khor

6 tab

2 lar
2 pou

1 tab

Zest

1 tea

1 tea

½ te
½ te

1½ C

2 larg

4 lar
2 tab

¼ cu

½ cu

¼ te

GARN

1 tab

1 tab

VEGE

Elimi

327

BRAIS

As ea
A pa

The
They

In th
Man

A VE

FRO

FOOD

328

329

BRAIS

Ke

Make

Prepa
Cook

1. In

2. Po

3. Ac
4. Tr

5. To
6. Se

VARIA

This

Boz-
Khor

GOAT

½ Cu

5 me
2 pou

1 tea

1 tea

1 tea

5 clo

1 tab

1 cup

KASH

1½ C

5 clo
½ te

CROU

1 larg

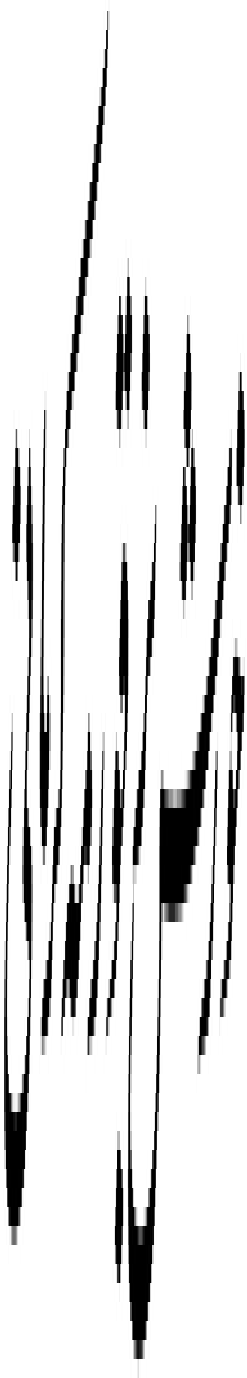
1 clo

¼ cu

2 tab

VEGE

Elimi



FOOD

330

Pe

Make

Prepa
Cook

Peac

1. In

2. Po

3. In

4. To
5. Cr

6. Ju

NOTE

Your
Khor

6 tab
2 larg

1 pou
1 tea

½ te

¼ te

1 tea

½ cu

½ cu

¼ te

5 firr

GARM

2 tab

VEGE

Elimi

331

BRAIS

FOOD

332

333

BRAIS

Wild

1. In

2. Po

3. M

4. He
5. Ac

6. Ta

7. Se

Qu

6 tab
2 larg

1 pou
1 tea

½ te
½ te

¼ te

3 me

½ cu

¼ cu

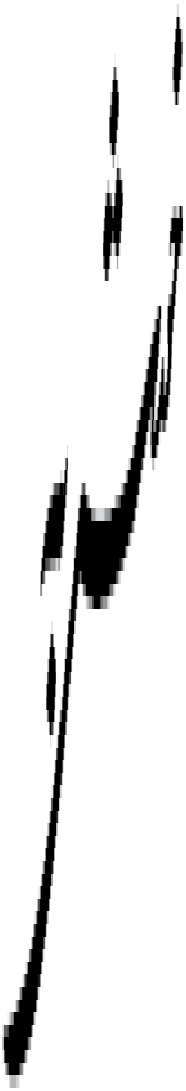
¼ cu
½ te

⅓ cu

Make

Prepa
Cook

Khor



VEGE

Elimi

FOOD

334

Ap

Make

Prepa
Cook

1. In

2. Po

3. Ac
4. Co

5. Pr
6. Ta

7. Se

VARIA

Appl
Khor

6 tab
2 larg

1 pou
1 tea

¼ te

½ te

½ te

⅓ cu

1 tab

3 tab

3 tab
½ te

5 tar

VEGE

Elimi

335

BRAIS

FOOD

336

Shira

With

With

Ther

Jahan

337

BRAIS

Ba

Make

Prepa
Cook

Baby

1. In

2. Po

3. To

4. In

5. Ac

6. Ch

7. Tra

Khor

6 tab

2 oni

2 clo

1 pou
1 tea

½ te

1 tea

½ po
3 cup

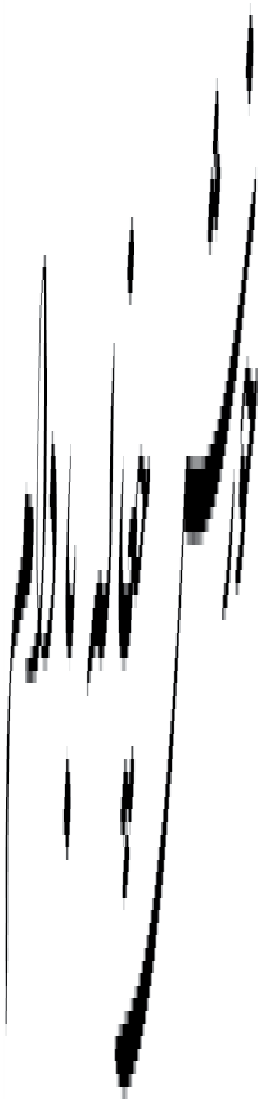
1 cup

½ cu

½ cu

1 tab

¼ te



VEGE

Elimi

FOOD

338

Fre

Make

Prepa
Cook

1. In

2. Po

3. M
4. A

5. Ac
6. Ch

7. Se

VARIA

Fresh

Khor

FOR T

2 tab

2 lar
4 clo

1½ p
1 tab

1 tea

1 tea

2 tea

¾ cu

6 wh

FOR T

¼ cu

4 cup

1 cup

1 cup

3 tab

2 tab

½ te

VEGE

Elimi

NOTE

For th

If usi

339

BRAIS

FOOD

340

341

BRAIS

1. In
2. Ac

3. Pe

4. Pr

5. Br
6. To

7. Tra
8. Se

ROAS

In ste

If you

Eg

½ cu

2 pou

4 me
2 clo

1 tea

½ te

1 tea

1 tea

1 tea
6 fre

1 cup
2 tab

9 (a

1 egg

GARM

2 tab

1 oni

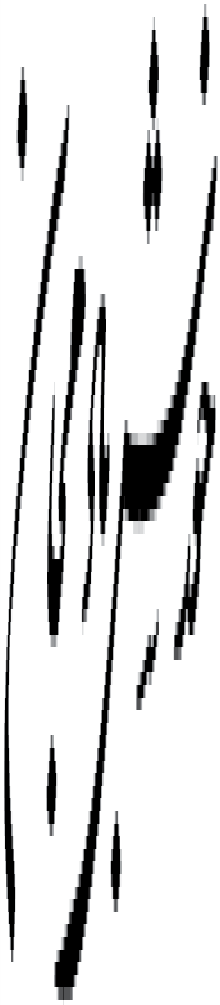
3 che

Make
Prepa

Cook
Khor

VARIA

Khor



VEGE

Elimi

FOOD

342

Po

Make

Prepa
Cook

In Q

1. In

2. Po

3. Ac

4. In

5. Cr

6. M

7. Jus

VARIA

To ba

Khor

3 tab

2 larg

1 pou

4 wh
2 tea

½ te
½ te

1 tea

1 larg

1 tab

Zest

½ te

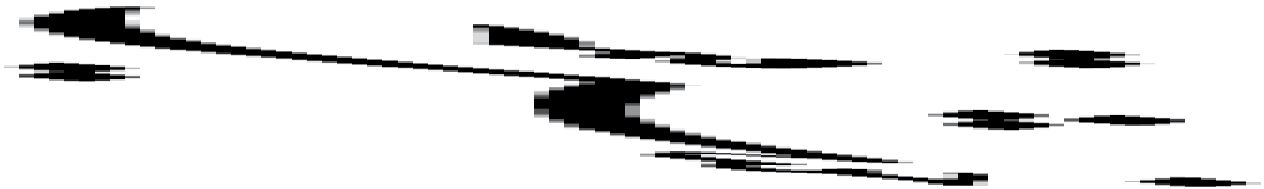
¼ cu

DEEP

1½ p

2 cup
¼ te

1 tea



VEGE

Elimi

NOTE

Qeyn

343

BRAIS

FOOD

344

345

BRAIS

Yo

Make

Prepa
Cook

1. To

2. To

3. To

4. Ac

Khor

GARM

4 tab

1 cup

¼ cu

1 cup

2 tab

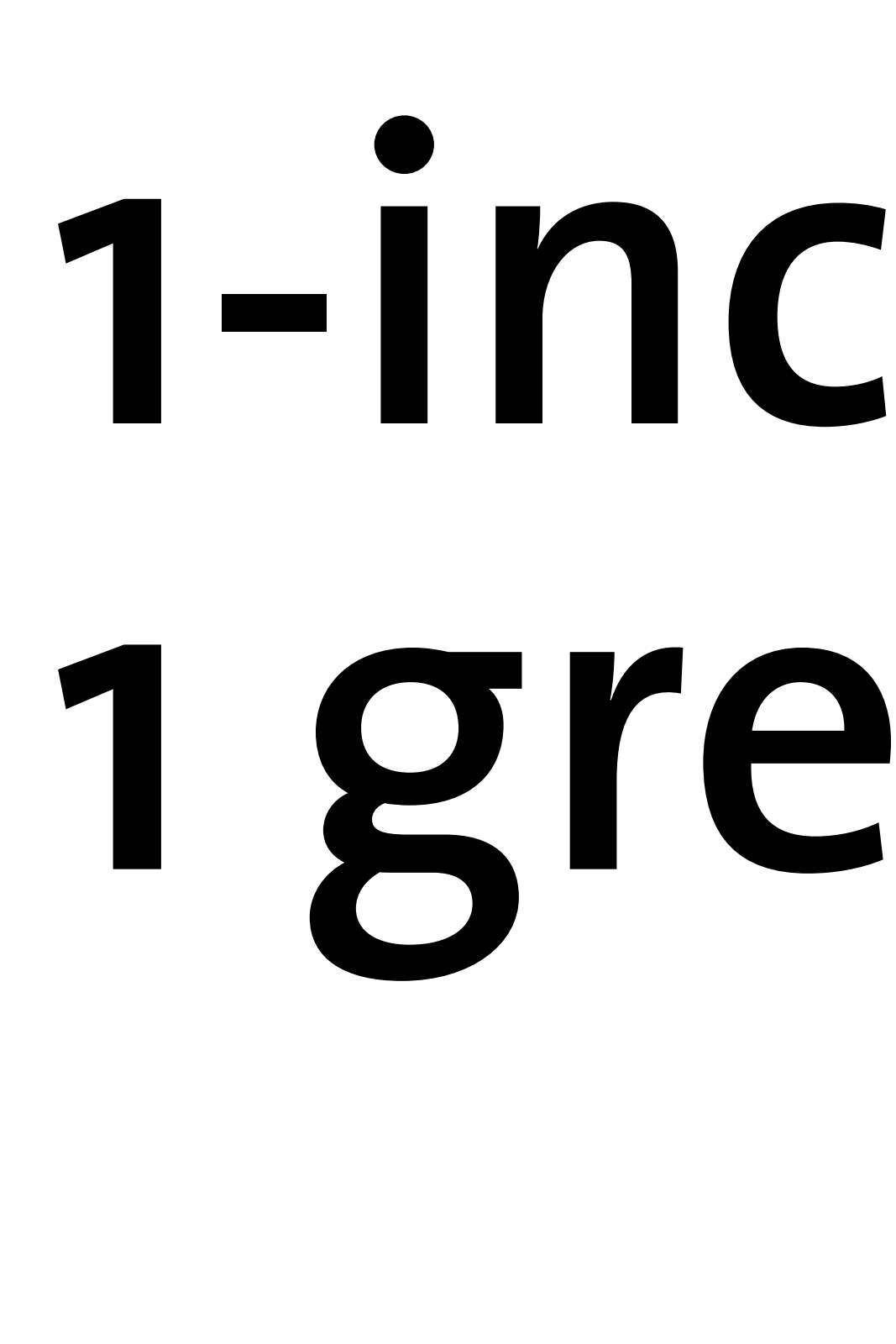
1 cup

CHIC

4 tab

1 oni

2 clo


1-inc
1 gre

1 sta

2 pou

1 tea

½ te

½ te

2 tea

2 tea

2 tea

½ te
½ te

2 bay
2 sm

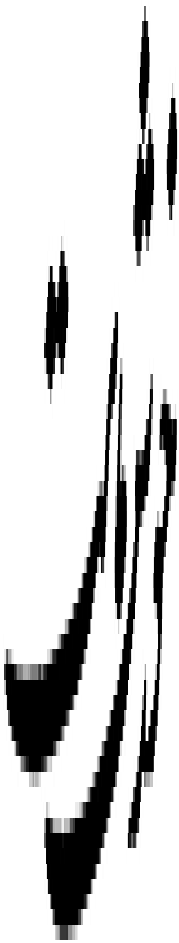
YOGU

¼ CU

3 tab

1½ C

2 tab



VEGE

Elimi

VARIA

Yogu

FOOD

346

Ke

Make

Prepa
Cook

This

1. So

2. In

3. Pr

4. Ac
Khor

2 cup
3 tab

2 me

1 pou

2 tea

½ te

½ te
½ cu

½ te

1 cup

VEGE

Elimi

1. In
2. Ac

3. Ac
3 tab

1 pou
2 larg

1 tea

½ te

½ te

¼ te

½ te

⅓ cu

2 tab

½ cu

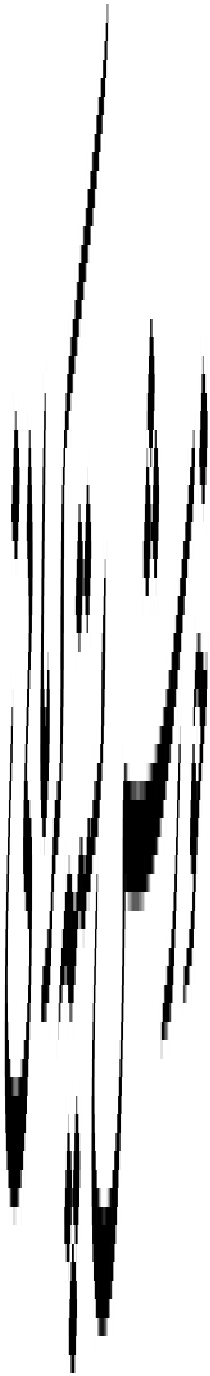
½ cu

1 tea

Plu

Khor
Make

Prepa
Cook



347

BRAIS

FOOD

348

Pe

Make

Prepa
Cook

1. He
2. Ac

3. In

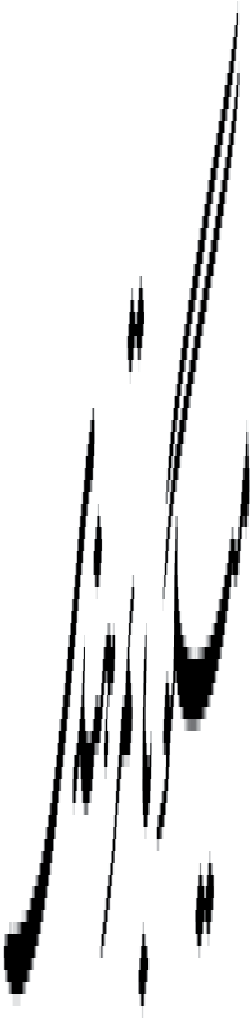
4. Ju

5. Se

VARIA

Fish

Casp



Cha

TAM

2 tab

½ cu

6 clo

3 cup

1 cup
2 tab

2 tea

½ te

½ te

1 tea

½ te

1 tab

2 cup
1 tab

DUST

1 tab

½ te
½ te

1 tea

1 tea

¼ te
¼ te

1 tea

½ te

SHRI

1 tab

1 tab

1½ p

VEGE

Repla

NOTE

*Stor

349

BRAIS

353

353

DE

DESS

SAFFI

SAFFI

PARA

WHE

CARR

RICE

SAFFI

QUIN

RICE

COCC

QUIN

CANT

DRIE

POM

BAKE

ORAN

SAFF

RICE

PASTE

RICE

CHIC

ROAS

ALMO

WALN

COCC

RICE-

SUGA

RAISI

TONC

BAKL

BAKL

YAZD

KERM

DATE

DATE

ALMO

ROSE

CREA

WINI

ELEPH

THOU

SWEE

CAND

WHIT

TOAS

TOAS

HON

SAFFI

ROSE

SEQ̃U
SESA

APRI

Pom

355

Afte

In th
Seve

Irani

The

FOOD

356

Sa

Make

Prepa
Cook

This

1. In

2. Ac

3. Ac

4. Re
5. Se

Shol

1 cup

½ te
8 cup

1¾ C

¼ CU

½ cu
½ te

1 tab

½ cu

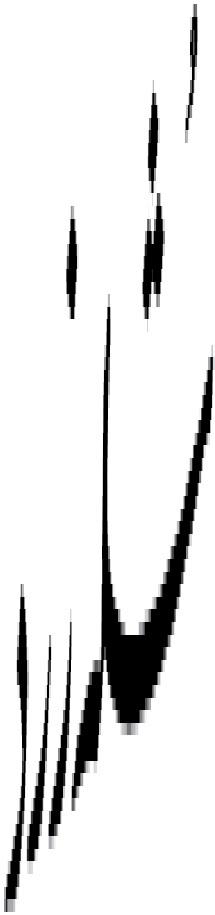
GARM

2 tea

2 tea

¼ cu

2 tea



357

DESS

FOOD

358

This

1. Bri

2. In

3. W

4. He
5. Tra

6. AI

VARIA

Bite-
Sa

SYRU

1½ C

1½ c

1 tea

1 tea

DOU

½ cu

½ cu

1 cup

1 cup

GARN

½ Cu

Make
Prepa

Cook
Halv

Lavas

359

DESI

FOOD
360

361

DESSI

Pa

Make

Prepa
Cook

1. In
2. Ac

3. Im

VARIA

Cust

Yakh

1 cup

6 cup

2 cup
2 tab

¼ cu

¼ cu

GARM

2 tab

2 tab

WI

1. In
2. He

½ cu

¼ cu

4 cup
¾ cu

Seed

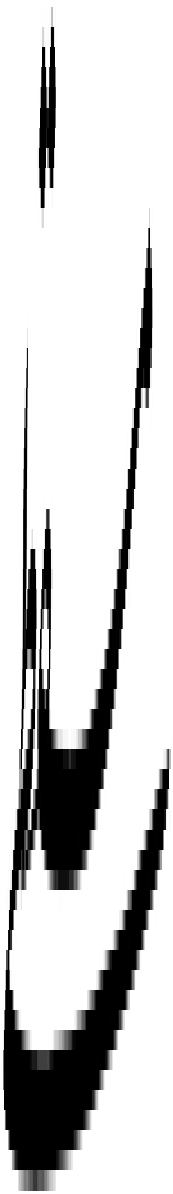
¼ cu

GARM

2 tab

2 tab

2 tea



Mas
Make

Prepa
Cook

FOOD

362

NOTE

Your r

Photo

Ca

Make
Prepa

Cook This

1. To

2. In

3. Re

4. Pl

VARIA

Carro

Carro

Halv

CARR

2 pou

2 cup

1 cup

2 cup
½ te

1 tab

GARM

2 tab

2 tab

2 tab

¼ te

VARI

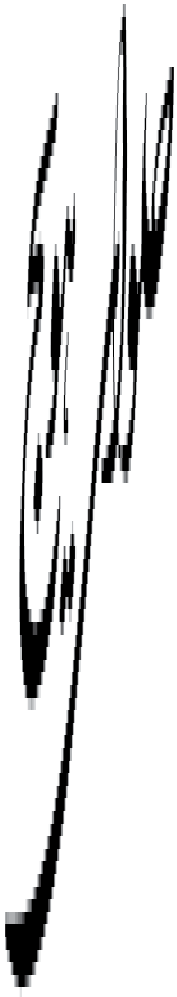
2 pou

6 cup
1½ c

1 tab

½ te

½ cu



363

DESI

FOOD

364

Sa

Make

Prepa
Cook

1. To

2. In

3. Ac
4. Tr

VARIA

Saffr

Katc

SYRU

5½ C

2½ C

1 tea

¼ cu

½ te

ROUX

1 cup

2 cup

GARM

2 tab

2 tab

Ric

Make

Prepa
Cook

1. Pla

2. Ac

3. Re
Shir

½ cu

2 cup

¼ te

3 cup

½ cu

¼ cu

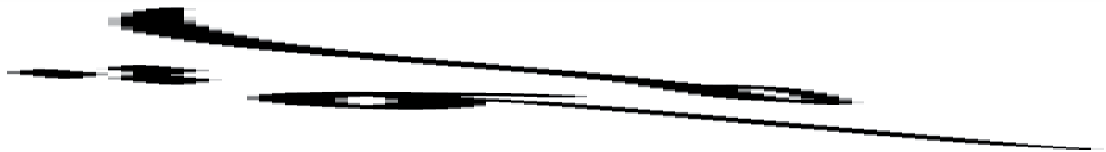
1 tea

TOPP

½ cu

1 cup

½ cu



NOTE

Katch

Katch

365

DESS

1. Wa
2. Tra

3. Sq

Qu

6 ро
6 сц

2 tab

1 tea

1 tab

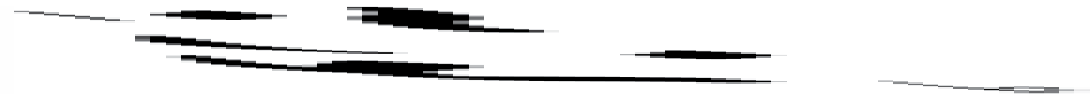
GARM

1 cup

Make

Prepa
Cook

Loz-e



NOTE

This d

This

FOOD

366

This

1. In

2. Re

Ric

¼ cu

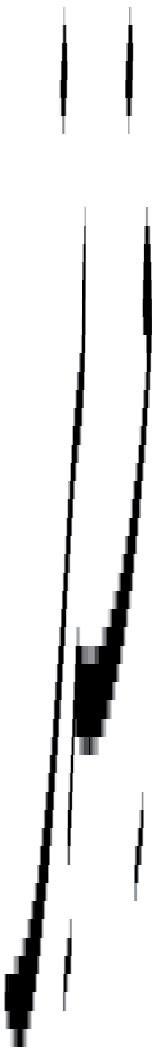
4 cup

2 tab

½ cu

Make
Prepa

Cook
Feren



Loz-e

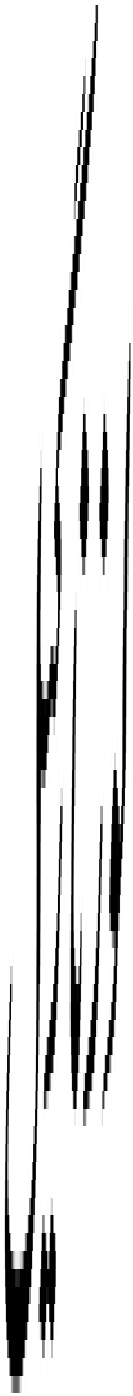
1 pou

½ po
1 tab

GARN

½ Cu

Co



1. In
2. Cu

3. Le
Make

Prepa
Cook

Qu

Make

Prepa
Cook

This i

1. Ca

2. Tra
3. Tra

4. Tr
Loz-e

8 cup

4 cup

8 cup
½ cu

367

DESS

1. Pla
2. Tra

3. Se
Gene

Dri

1 cup

1 cup

1 cup

½ cu

1 stic

6 car

1-inc
2 tab

Zest
2 tab

2 tab

1 cup

Make
Prepa

Cook
Khos

Ca

Make

Prepa

1. Pe

2. Pe

3. In

VARIA

Cant

Cant
Rule

Com

2 pe

1 can
2 tab

1 tab

2 tab

½ cu

FOOD

368

Po

Make

Prepa
Settin

1. In

2. In

3. Ac

4. Ac

5. Sc
6. Se

VARIA

Sour

Rhub

Jeleh

4 en

4 cu

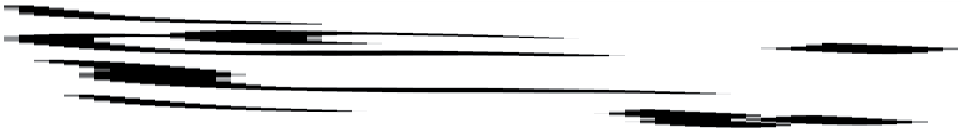
2 tab

2 tab

Seed

GARM

2 tab



NOTE

You c

369

DESI

FOOD

370

1. Pre

2. In

3. Pe

4. Pl

5. Co
6. Re

VARIA

Saffr

Cand
Bake

SYRU

2 Cup

¾ cu
2 tab

1 var

1 cin

1 bay

QUIN

2 me

GARM

½ cu

½ cu

Drai
Sprig

Make
Prepa

Cook

Ba

Mor

STOVE

Place

371

DESSI

FOOD

372

1. Co
2. Se

VARIA

You c

2 cup
4 lar

¼ cu

½ cu

1 tab

1 tea

GARM

6 ora

6 ora

Or

Make

Prepa
Khos

373

DESS

FOOD

374

375

DESS

NOTE

You c

Mast
Sahl

In my

1. Po

2. In

3. To

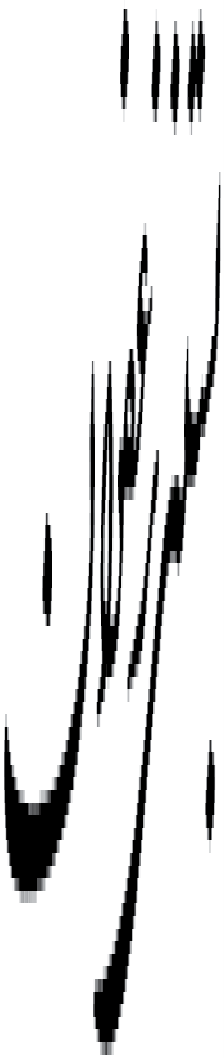
4. Re
5. Po

6. Tw

Sa

Bast
Make

Prepa
Ice cr



CRUM

1 cup

ICE C

¼ CU

4 cup
¾ cu

½ te

¼ te

¼ te

½ te

¼ cu

WAF

8 ice

FOOD

376

Ric

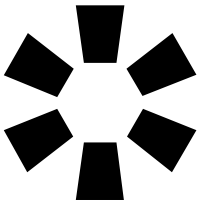
Make

Prepo
Time

1. To

2. To

3. Po
4. Sc



Hor

VARIA

Pom

Palu

NOO

4 ou

SYRU

2½ C

2 cup
2 tab

¼ te
¼ cu

1 tab

GARM

2 tab

¼ cu

4 tab
3 fre

FREE

If you

377

DESS

FOOD

378

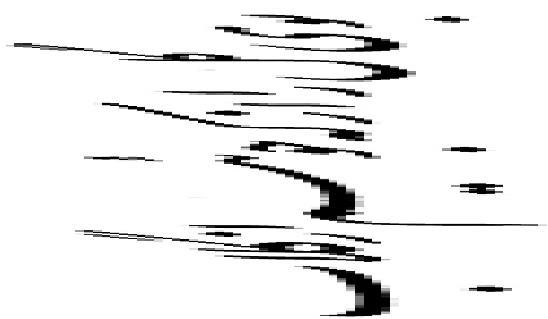
379

THE S

Rose

Duri

The
Fresh



Whe
You

Whe
In at

Rumi

THE

379

FOOD

380

Drie
In ot

Look

Laug

At o

Tear,

In Ira
Cool

perf
Few

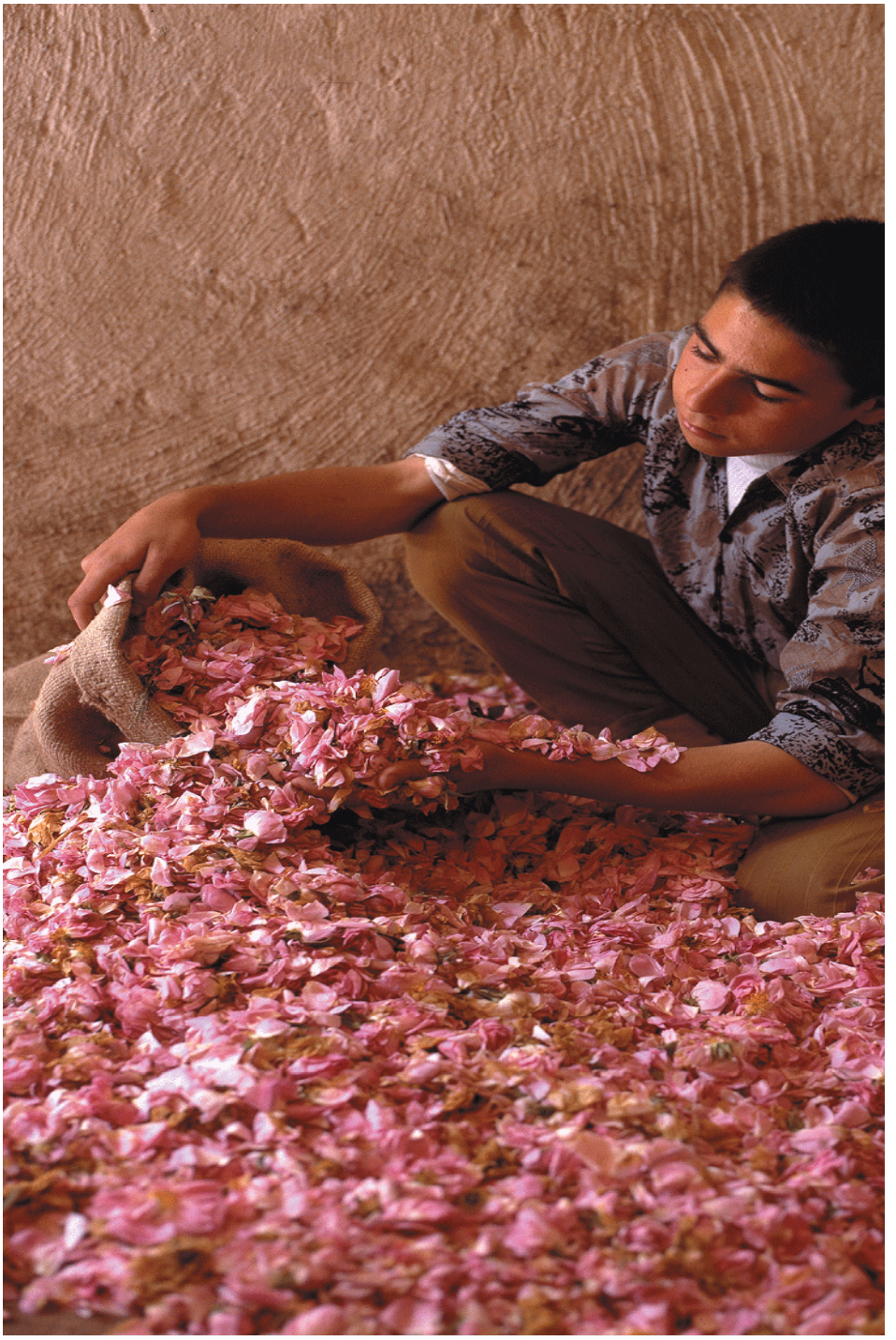
Its n
With

Whe

You w

Whe

In att



381

THE S

FOOD

382

Ric

Make

Prepa
Cook

1. Pre

2. In

3. In

4. Ac

5. Pl
6. Us

7. Ba
8. Re

9. Ar

VARIA

Sun
Nan

NOTE

To cla

SYRU

1½ C

½ cu

¼ cu

½ te

BATT

4 eg
syru

1 cup
2 tea

¼ te

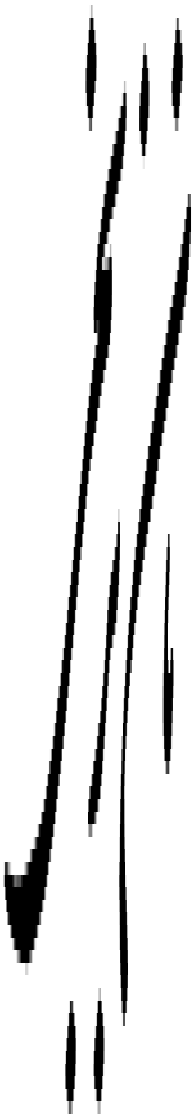
3 cup

DECO

2 tab

2 tab

2 tab



383

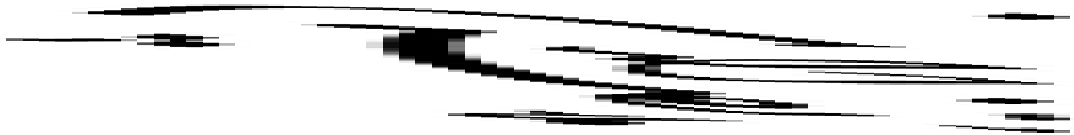
PASTR

FOOD

384

AN U

The



385

PASTR

1 cup

1 cup

4 tea
1 tab

3¾—

DECO

4 tab

1. In

2. Lir

3. Lir

4. Ba

VARIA

In st
Long

Ch

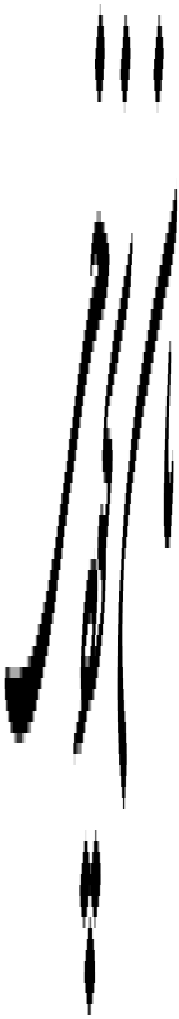
Make

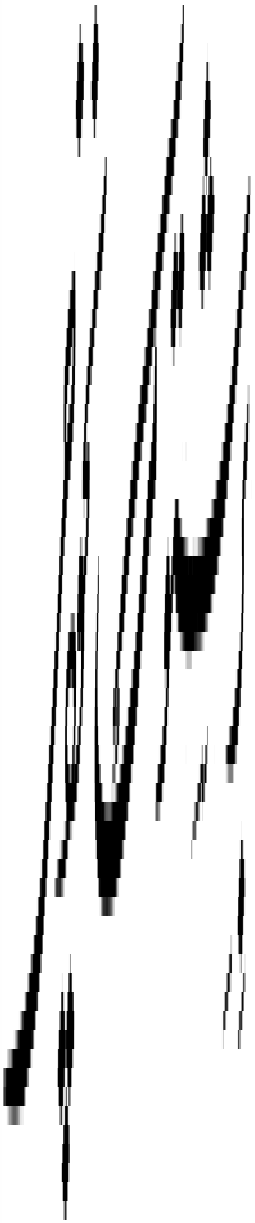
Prepa
Cook

Nan
Bere

To m

Ro





Prepa
Cook

(made in

FOOD

386

387

PASTR

For D

1. Pla

2. In

3. Fo

4. Us
5. Ba

6. Re

VARIA

Slice
Slice

Yazd

Al

DOU

2 egg

1½ c

¼ te

2 tab

4 cup

1 tea

DECO

¼ cu
2 tab

DOU

4 CU

2 egg
1 cup

2 tab

2 tea

DOU

4 CU

2½ c

1 tea

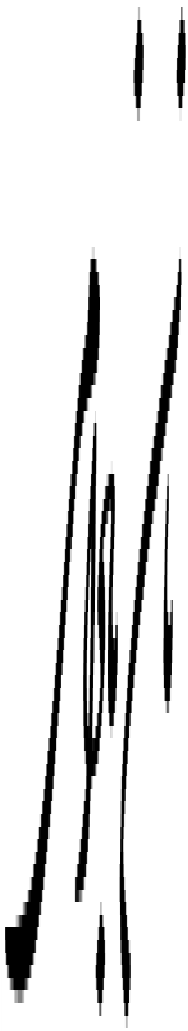
3 tab
3 tab

5 egg

Make

Prepa
Cook

Nan.



FOOD

388

Wä

Make

Prepa
Cook

1. Pla

2. In

3. Us
4. Ba

Nan
5 egg

¾ cu

¼ te

1 tea

2 tab

4 CU

DECO

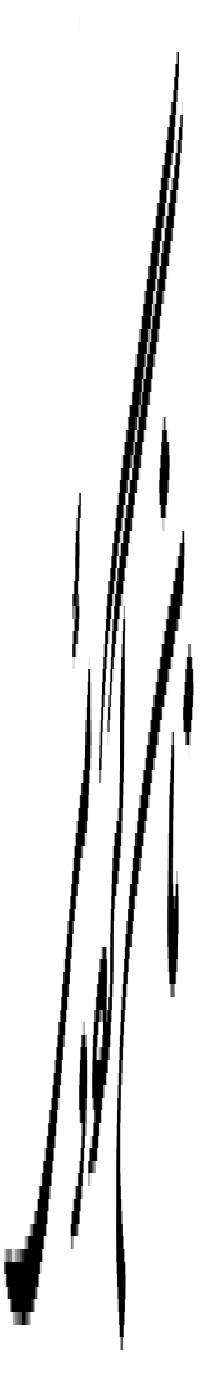
¼ cu

Co

Make

Prepa
Cook

Nan.



1. Pla

2. In

3. Ba
4. Lif

4 eg
2 cup

¼ te

1 tea

2 tab

2 tab

½ cu

2 cup

DECO

¼ CU

389

PASTR

2¼ C

¼ Cu

¼ cu

1 cup

Ric

Make

Prepa
Cook

1. Lin
2. He

3. Di

4. Dr

5. Co

VARIA

Gilar

Resh

4 cu
¼ po

DUST

1 cup

1 tab

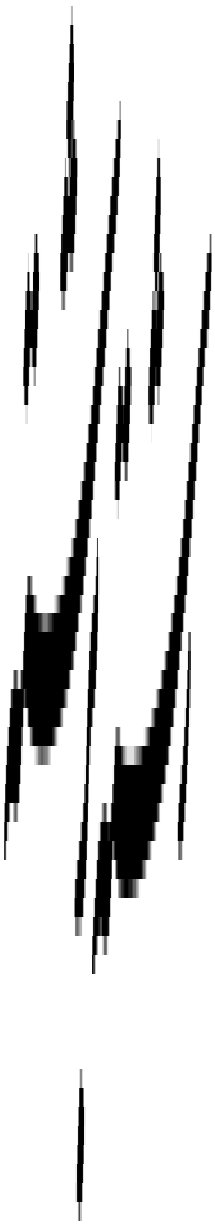
Su

1. Lin
2. Ro

Nog

NOTE

To m



Make
Prepa

Cook

FOOD
390

391

PASTR

1. Pla

2. In

3. Sti
4. Us

5. Ba
6. Re

7. Tra

Ra

1¼ c

1 tea

2 tab

¼ te

1¼ c

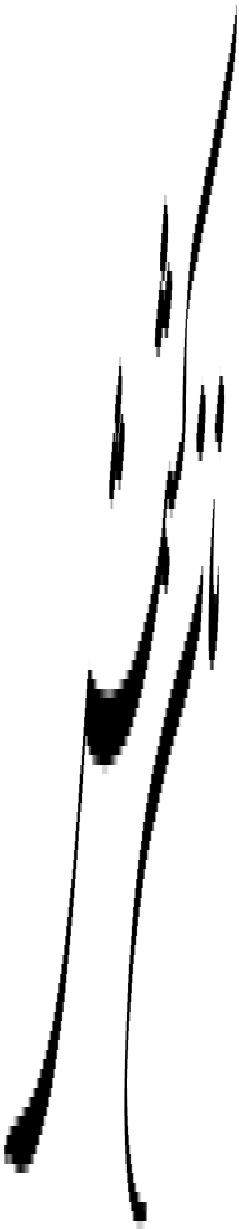
4 lar

1¼ C

2 cup

Make
Prepa

Cook
Nan.



1. Pla
2. Ro

3. Co

4. Ba

5. Re

To

2 pa
2 tab

GLAZ

3 tab

1 tab

1 tab

GARM

2 tab

2 tab

Make

Prepa
Cook

Shiri

FOOD
392

Ba

Make

Prepa
Cook

1. Pre

2. Fo

3. Fo
4. Br

5. Pr
6. Ro

7. Sp

Baql

NOTE

A thi

The a

SYRU

2½ C

1½ C

½ cu
2 tab

DOU

¼ CU

½ cu

1 tab

¼ cu

1 egg

2½ C

FILLI

2 po

2 cup

3 tab

1 tab

BAKI

½ Cu

DECO

2 tab

2 tab

393

PASTR

FOOD
394

8. Rc

9. Fo

10. H

11. Pl

12. S

13. D

14. W

VARIA

Qazw
lwas

395

PASTR

FOOD

396

Ba

Make

Prepa
Cook

1. In

2. Pr

3. In

4. Ac

5. In
6. Ge

7. Re
8. Cu

VARIA

Flou

GLAZ

1 cup

¼ cu
Zest

1 tea

2 tab

CAKE

3 egg

¼ cu

1/8 t

1 tab

2 tab

½ cu

½ cu

1 cup

1½ c

2 ap

GAR

1 tab

1 tab

1 tab

Cayk

397

PASTR

FOOD
398

Ya

Make

Prepa
Cook

1. Pla

2 Int

3. Sif

4. Be

5. Pl
6. W

OPTIC

Com

OPTIC

In a

Cayk

1 cup

1½ c

Zest

3 tab

4 eg

1 cup

1 tea

2 tea

¼ te

1 tab

¼ cu

1¾ C

GARN

¼ cu
2 tab

GLUT

Elimi

CAKE

This

399

PASTR

FOOD

400

1. Pla
2. Bu

3. Pu

4. In

5. Sif
6. In

7. Ge
8. Re

1 cup

1 cup

4 eg
Zest

1 var
2 tab

1 cup

½ cu

½ te

2 tea

1 tea

2 cup

GARN

¼ Cu

½ te

1 tea

2 tab

Make

Prepa
Cook

Ke

Cayk

VARIA

Repla

401

PASTR

FOOD

402

Da

Make

Prepa
Cook

1. In
2. Pl

3. Ar
4. To

5. Sp
6. M

7. Sp
8. Ju

VARIA

Whe

Rang

FILLI

1 cup

3 cup

ROUX

1 cup

1½ C

DUST

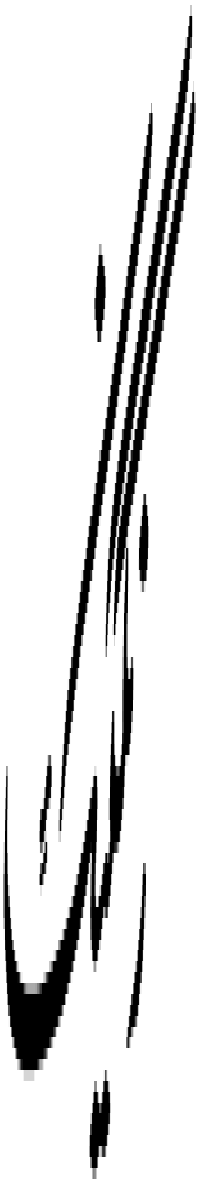
1 tea

2 tea

½ Cu

GARN

1 cup



VARIA

Glute

403

PASTR

405

PASTR

DOU

3½ C

1½ C

¼ CU

¼ cu

¼ cu

2 tab

DATE

2 cup

2 cup

1 cup

1 tea

2 tea

1 tea

1 tab

2 tab

GLAZ

½ Cu

1. To

2. Gr

3. Fo

4. Pl

5. Sp
6. La

7. Pla
8. Re

VARIA

Apric

Appl
Oran

Jam

Da

Make
Prepa

Cook
Kolu

SWE

Shus

Whe

NOTE

Whe

FOOD

406

Al

Make

Prepa
Cook

1. To

2. M

3. Du
4. In

5. Us
6. Ar

Qota

NOTE

Sanb

Mak

DOU

2 egg

1 cup

½ cu

¼ cu

2 ½ (

FILLI

1 cup

½ cu

1 tab

1 tab

DUST

½ cu

½ cu

2 tab

USIN

Unfo

407

PASTR

FOOD

408

1. Oil

2. Pr

3. In

4. Fo

5. W
6. Sp

7. Re

8. M

9. Re

10. T

11. Sp
12. R

BATT

5 egg

½ cu
2 tab

1 var
2 tab

5 egg

FILLI

1¼ c
3 tab

1 tab

1 tab

Zest

DECO

¼ cu
2 tab

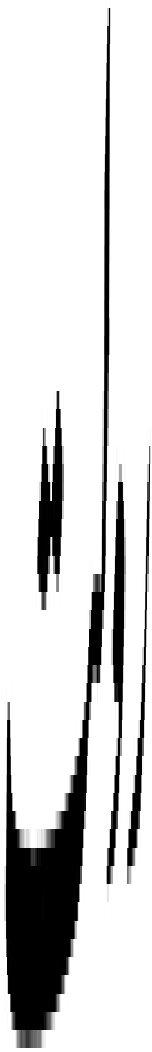
2 tab

Ro

Make

Prepa
Cook

Rule



409

PASTR

FOOD

410

Make
Prepa

Cook

Cre

Nan.

FILLI

3 cup

1 cup
3 tab

Zest

1 tea

DOU

1 cup

¼ te
6 tab

into

1 tea

1 tab

1 cup

4 eg

DUST

1 cup

¼ cu

1 tab

1. Lin

2. To

3. Fo

4. Re
5. Th

6. Us

7. *W*

8. Re

9. Pr

411

PASTR

FOOD

412

Wi

Make

Prepa
Cook

1. To

2. In

3. He
4. Pl

5. Re
6. W

Nan

NOTE

Use t

DUST

1 cup

1 tea

½ Cu

BATT

5 egg
½ cu

4 tab
½ cu

½ cu

½ cu

4 CU

NOTE

It is i

Tradi

1. In
2. Ro

3. Dr

Ele

Gush

2 egg
2 cup

413

PASTR

FOOD

414

1. Pre
2. To

3. In

4. Re

5. To
6. Re

7. To
8. Se

Th

PAST

1 rea

2 tab

EGG

3 egg
4 tab

2 tab

1 cup

1 tea

2 tab

2 tab

WHI

1 cup

1 tab

2 tab

DUST

1 tab

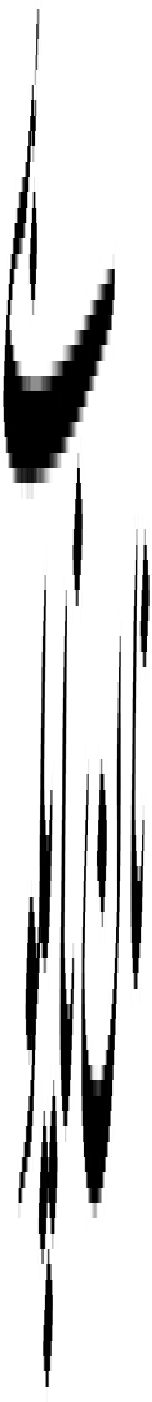
1 tea

¼ cu

Make

Prepa
Cook

Nan.



415

PASTR

1. To

2. To

3. Fil
4. Ho

5. Ar

Sw

SYRU

2 Cup

6 cup
2 tab

½ cu

⅛ te

2 Cup

BATT

½ te

1 tab

1 tea

1 tea

1 tab

1 cup

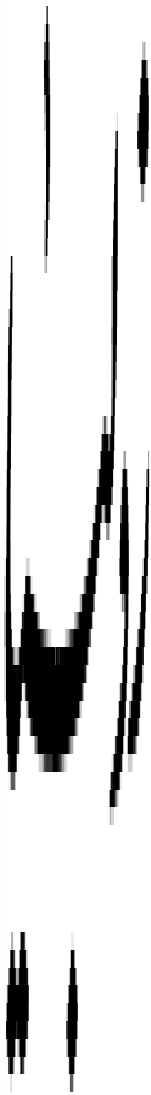
Make
Prepa

Cook

Zulb

BATT

If the



Lady

Zulb

Zulbi

NOTE

Zulbi

FOOD

416

Wh

Make

Prepa

1. In

2. Di

3. St

NOTE

You c

Tut

1½ –

1 tea

1 cup

2 tab

1 tab

1 cup
2 tab

1. Oil

2. Dr

3. AI

4. Re

5. AI

VARIA

Toast

Toa

½ cu

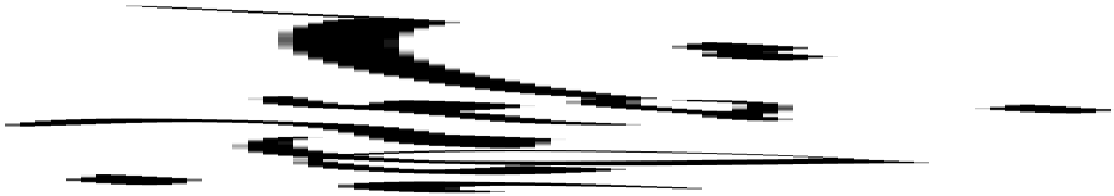
1 cup

2 tab

Make

Prepa
Cook

Bad



417

CAND

FOOD

418

1. Lin

2. Re

3. Ac
4. To

5. Pl
6. Al

7. Ar

VARIA

Hone

Ho

1 cup
3 tab

4 tab

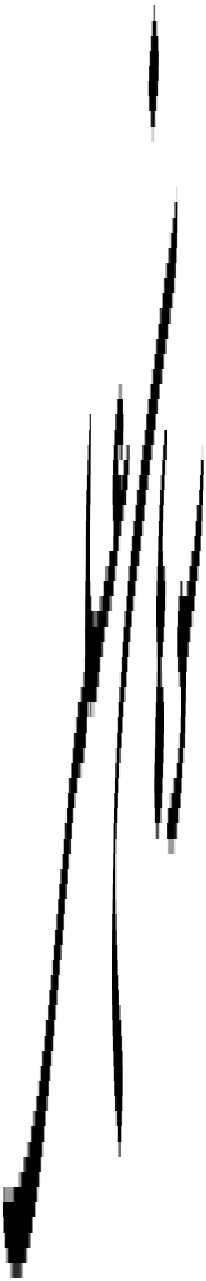
1½ C

¼ te
¼ cu

Make
Prepa

Cook

Soha



419

CAND

FOOD

420

Sa

Make

Prepa
Cook

Tradi

1. Lin

2. *To*

3. *To*

4. Ac
5. Ac

6. Ac

7. Sp

8. Sp

VARIA

Saffr

GARM

½ cu
raw

2 tab

BRIT

¼ cu
2 tab

2 cup

1 cup

¾ cu

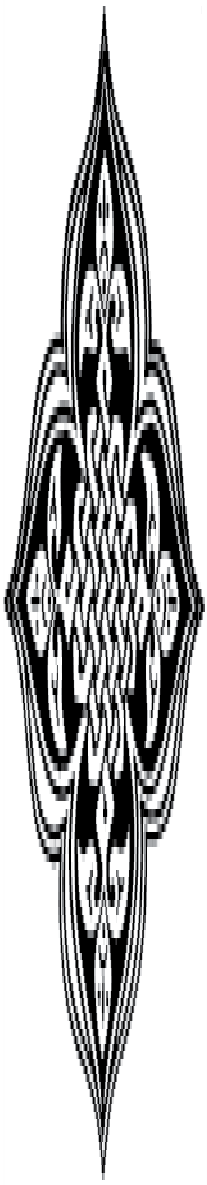
¼ cu

2 tab

1 tea

½ te

Soha



421

CAND

FOOD

422

Raha

1. In

2. Lir

3. To

4. To
5. Gr

6. Sp
7. AI

8. Cu

DUST

2 tab

1 tea

¼ CU

SYRU

2 cup

2 cup

1 tab

2 tab

GELA

4 en

¼ cu
2 tab

½ te

FILLI

1 cup

GARN

¼ cu
2 tab

Make
Prepa

Cook

Ro

Raha

423

CAND

FOOD

424

Tradi

1. Sp

2. M

3. Or

4. Al

1 cup

1 tab

Seed

1/8 te

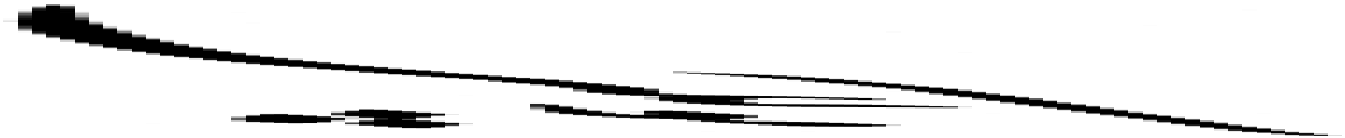
NOTE

To aa
Make

Prepa
Cook

Se

Pula



425

CAND

FOOD

426

This

1. Lin

2. In

3. Po

½ cu
2 tab

1½ c

½ te

½ te

NOTE

Instead
Make

Prepa
Cook

Ses

man

1. To

2. In

Ap

DUST

½ CU

¼ cu

1 tea

PAST

1 pou

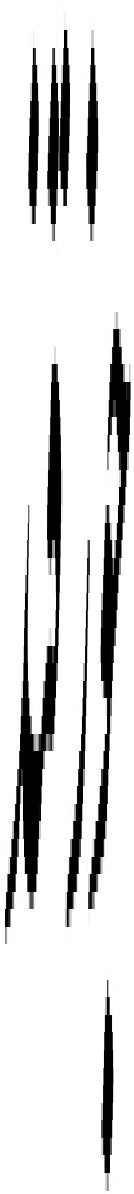
1 tab

FILLI

¼ cu

Make

Prepa
Jowz



427

CAND

نامها

FOOD

430

ماکارم ریخته می‌چینند.

نامم در ریخته پیچیده، آسمانی بی‌ابر، اطلسی‌های تر.

رستگاری تو یک نیلوفر است در حیاط.

نور در کاسه‌ها چه لرزان می‌ریزد!

My
Brea

Salv
Who

Sohra

431

BARE

LAVA

STON

SWE

SAVE

TAFT

ARM

ARM

BR

433

The

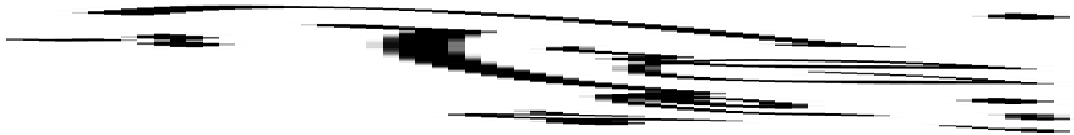
In cit
Seve

FOOD

434

THE

Wor



435

BREA

1. In
2. Ac

3. Po

4. Pu

5. To

6. To

7. Wi
8. Du

9. Im

10. U

Ba

DOU

1 pac

3 cup
1 tab

2 tea

6½–

4 tab

½ cu

DECO

1 tab

Baki
Bake

GLAZ

1 tea

1 tea

2 tab

Make
Prepa

Cook
Nan.

NOTE

Barb

You c

VARIA

If you

FOOD

436

La

Make

Prepa
Cook

1. Ma
2. To

3. Ac
4. Di

5. M
6. Pl

7. Pla
8. Co

Nan

DOU

1 env

1 cup

1 tea

1 cup

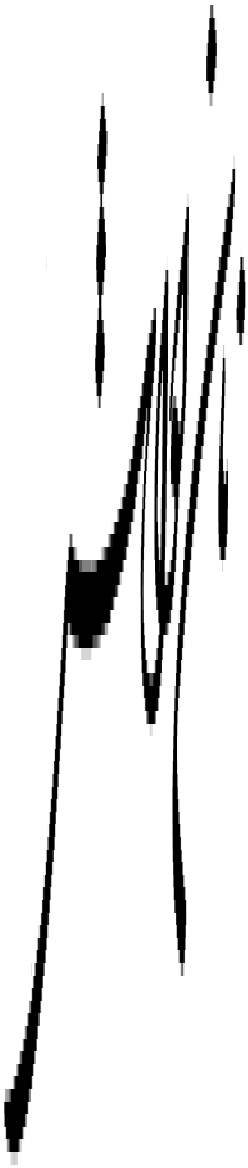
1 cup

5½ c

2 tab

SPEC

Bake
Saj o



VARIA

Repla

Varia
Add

437

BREA

FOOD

438

439

BREA

A sar

1. In

2. Ac

3. Tu

4. Pl

5. Pr

6. O

7. Lig

8. Pu
9. Re

Sta

2 tea

2½ c

1½ t

4 cu

GLAZ

2 tab

½ te

GARN

4 tab
Oil fa

SPEC

Baki

Bake

Make

Prepa
Cook

Nan.

PHOT

Sang

FOOD

440

441

BREA

Wha

Oh, j

Only
No n

Ther

Ther

Our
Not

Batu
Whi

Iraj M

چه حال خوب دشتِ جمعهٔ خوشی دیدیم
چه بوی از شبِ هر جمعه حالِ ما این بود

تمام حرفِ وفا در لبی و صفا در چشم
نه در سری هوسی بود نه در دلی کین بود

زنار و سیم و زر و تقال و ناز و نگی
کجا بهٔ خوب و شیرازی قزوینی بود

مُعاشران همه خوش روی و مهربان بودند
یکی نبود که بدخوی و زشت آیین بود

بتول شوریده مجلس نکند با دلبر
قسر مطابق او در غار شیرین بود

WHA

FOOD

442

1. Pre

2. In

3. In

4. Tr

5. Ro
6. Tr

1 cup

¼ cu

½ cu

¾ cu

3-inc

1 tea

5–5 1
½ te

½ te

1 tea

EGG

1 egg

¼ cu

Sw

Nan
Make

Prepa
Cook

443

BREA

1. In
2. Sif

3. Tra
4. Tu

5. Pu
6. Pr

7. Tu
8. To

9. Pr

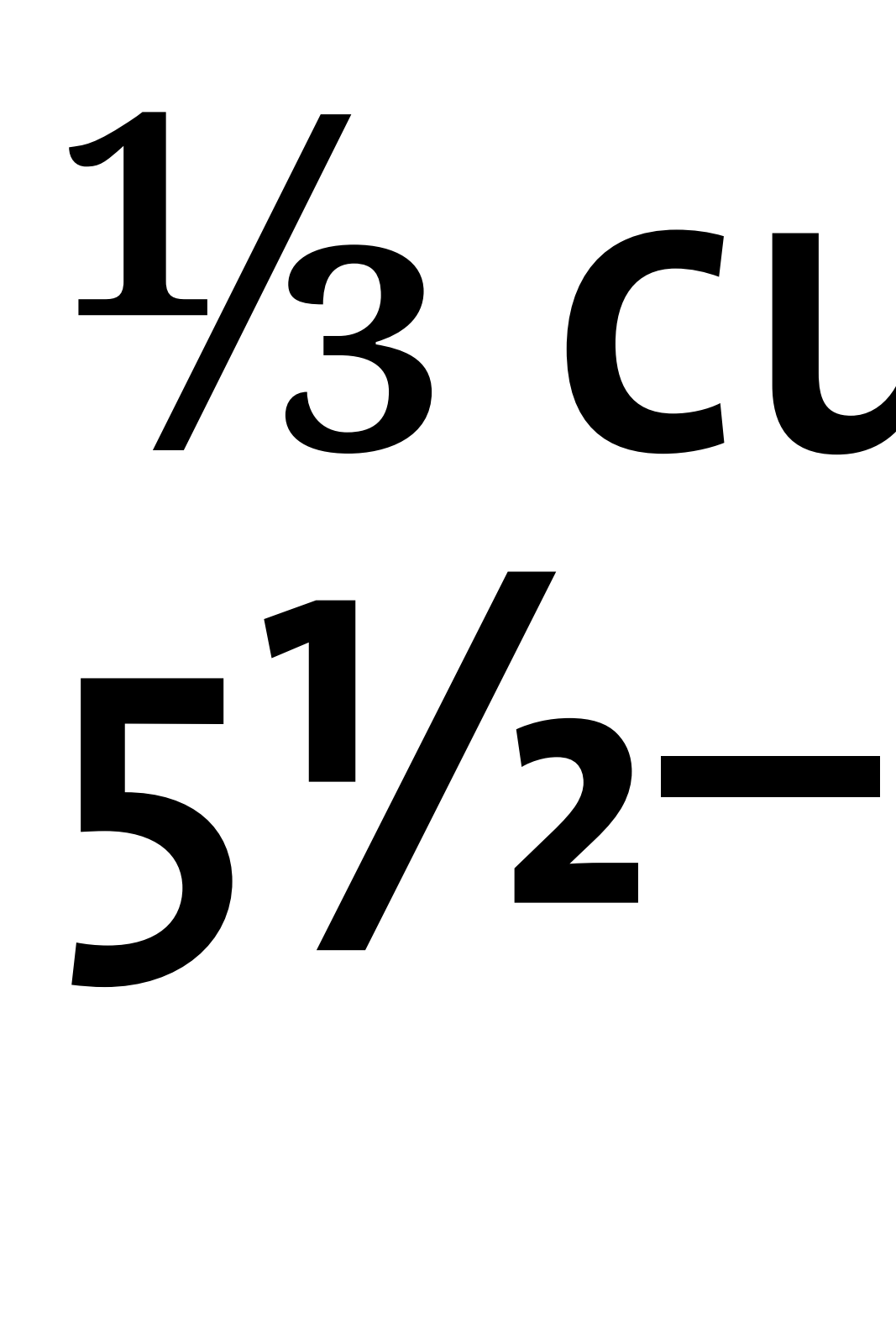
10. B

11. Re

1 pac

2 cup

2 cup


⅓ cu
5½—

1 tea

1 tea

2 tea

EGG

3 egg
½ te

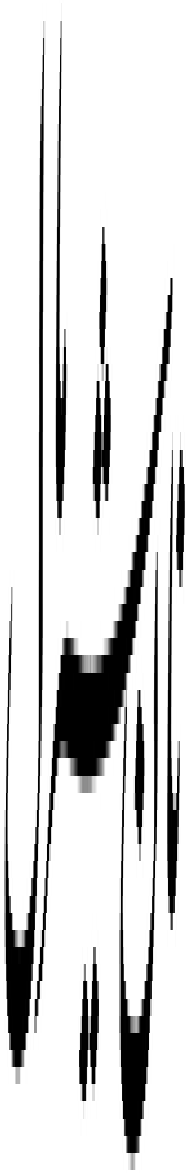
DECO

2 tab

Sa

Nan
Make

Prepa
Cook



FOOD

444

445

BREA

1 env

1 cup

2 tea

¼ cu

1 egg
¼ cu

3−3¼

Tat

Make

Prepa
Cook

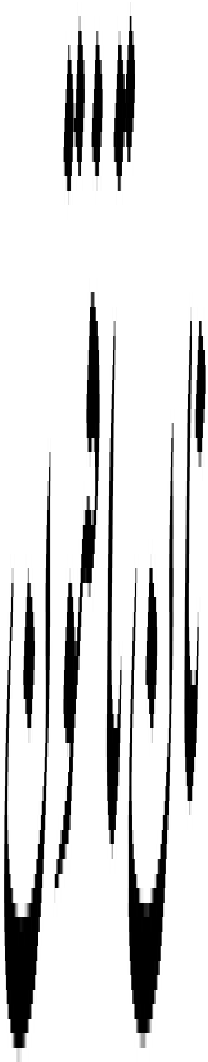
1. In
2. Ac

3. Gr
4. Tu

5. Tu
6. Pr

7. Fla
8. M

Nan.



FOOD

446

Ar

Make

Prepa
Cook

This

1. In

2. Ac

3. Gr

4. Tu

5. Tu

6. Fo

7. Pla

8. Pl

Nan

NOTE

You c

Mah

1 pac

¼ cu

3 egg

1½ c

1 tab

2 tea

1 cup

1 cup

4½–

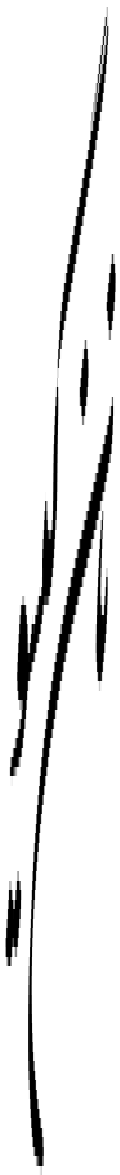
EGG

2 egg

1 tab

DECO

1 tab



447

BREA

FOOD

448

Ar

Make

Prepa
Cook

1. In
2. Ac

3. Gr
4. Tu

5. To
6. Pr

7. Re
8. Rc

9. Sp
10. Fe

11. Pl

12. P

13. Ir

14. P

Nazu

NOTE

This i

This p

1 pac

1 cup

1 cup

1 egg

1 tab

1 tab

3–3¼

FILLI

1 cup

2 cup

1¼ c

1 tea

½ Cu

EGG

2 egg
1 tea

449

BREA

KING

In th

“My
King

The Amc

The

FOOD

450

451

BREA

“Jose

FOOD

454

455

PR

PRES

BITTE

SOU

QUIN

BABY

CARR

GOLD

FIG P

BABY

FRES

ROSE

ORAM

WHO

BARE

BITTE

MUL

WAT

BERC

PICK

FRUI

MAN

DATE

MIXE

GARL

ONIC

VEGE

PICK

EGGP

BLAC

UNR

FOOD

456

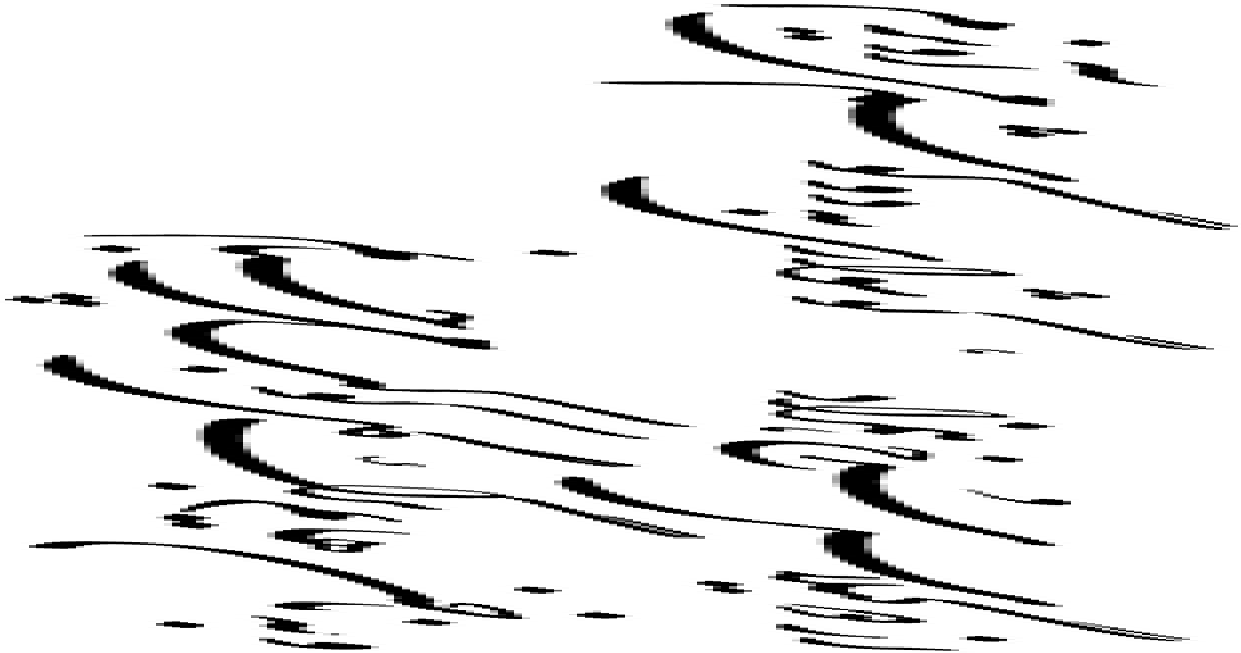
457

GOLD

1. Us

2. Fru

3. Us
4. Al



On n
and

Forug

FOOD

458

This

1. Wa

2. Pl
3. St

So

3 po

5 cu

1 tab

¼ te

Make
Prepa

Cook
Mor

NOTE

If usi

See p

Bit

Peel

Juice

2 cup
2 tab

Seed

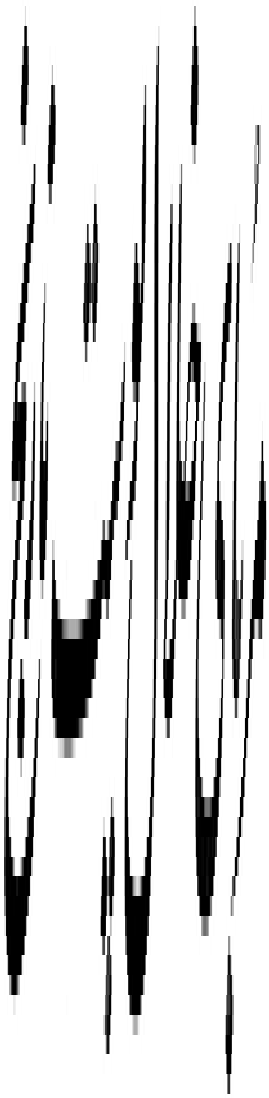
1. Wa

2. Br

3. Fil

Mor
Make

Prepa
Cook



459

PRESI

FOOD

460

Qu

Make

Prepa
Cook

1. Qu
2. Pl

3. Ac

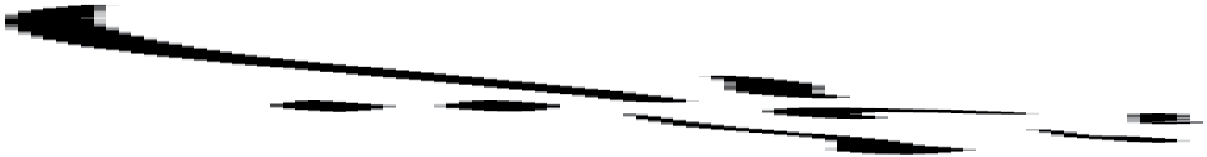
4. Ac

5. St
Mor

2 pou
1½ c

4 cu
¼ te

1 cin
4 tab



PHOT

Quin

Ba

Make

Prepa
Cook

1. Wa
2. In

3. Ge
4. St

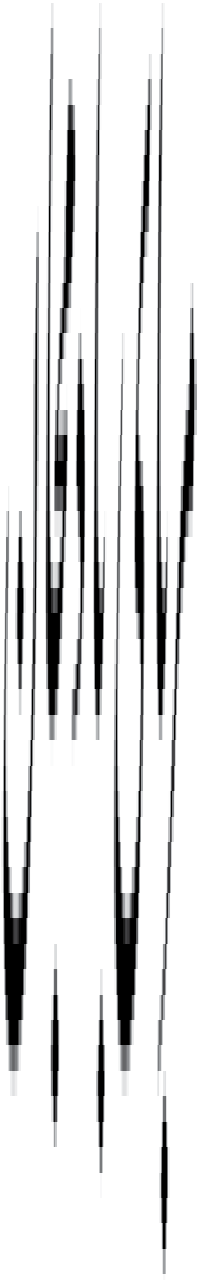
Mor

2 pou

3 cup
2 pou

2-inc
3 tab

½ cu



461

PRESI

با دست باطل در هم ریختم

با آن سیاه‌بختی شوم ریختم

پیش از نگاه تو هم ریختم

کی صبح بی‌تو را شام ریختم

FOOD

462

Go

Make

Prepa
Cook

1. Wa
2. Pla

3. Ac
4. St

Mor

2 pou

4 cup
1 cup

2 tab

1 tea

2 tab

Ca

Make

Prepa
Cook

1. Sc
2. To

3. In

4. St

Mor

2 pou

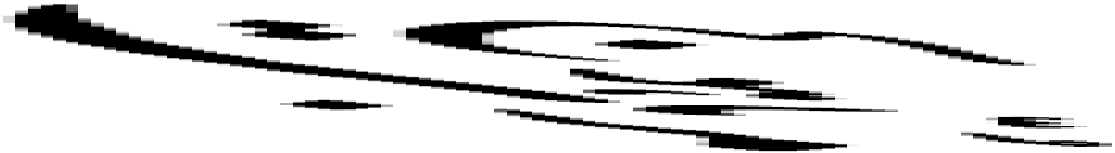
½ cu

5 cup

2 cup
2 tab

½ te
½ cu

½ cu



463

PRESI

1. Wa
2. Ac

3. St

Fig

2 po

3 cu

2 cup
½ te

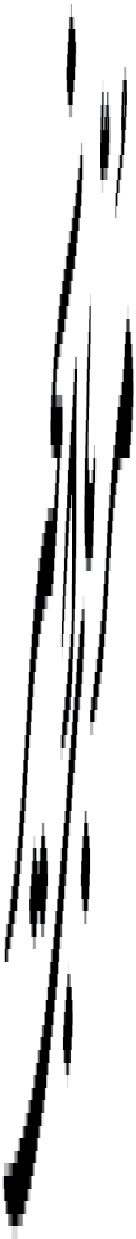
½ te
2 tab

2 tab

Make

Prepa
Cook

Mor



VARIA

Apric

FOOD

464

1. In

2. M

3. Ac
4. St

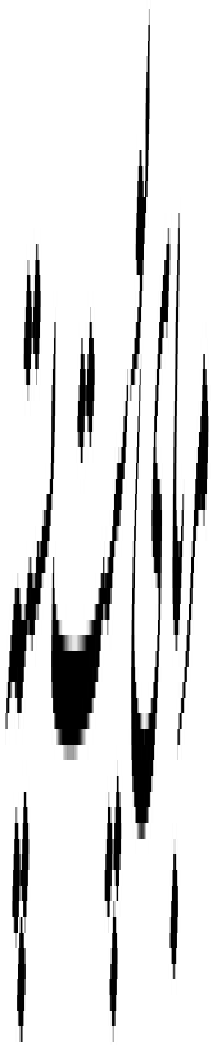
Fre

1 pou
3 cup

5 cup
2 tab

Make
Prepa

Cook
Mor



Ba

Make

Prepa
Cook

Baby

1. Ste

2. To

3. In

4. Ac
5. Fil

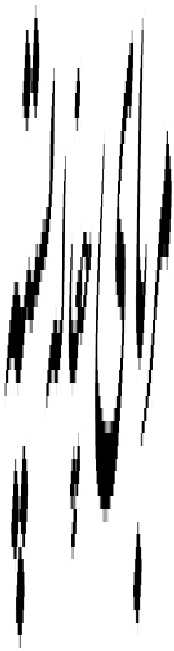
Mor

1 pou

3 cup

5 cup

10 ca
2 tab



465

PRESI

1. Pla
2. Pla

3. Pla
4. To

5. Ac

Ro

2 cup
¼ cu

5 cup

3 cup

½ cu
2 tab

Make
Prepa

Cook
Mor

Or

Make

Prepa
Cook

1. Ca

2. Br

3. In

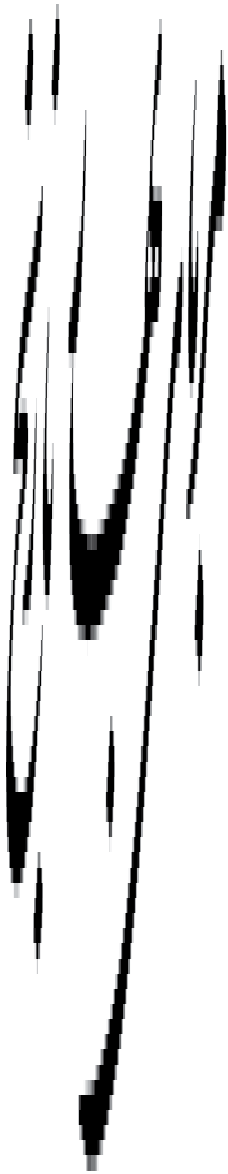
4. St

1 pou

5 cup

3 cup
2 tab

1 tab



Mor

FOOD

466

WI

1. Wa
2. Pla

3. Ac
4. Re

5. St
2 pou

2 cup

4 cup

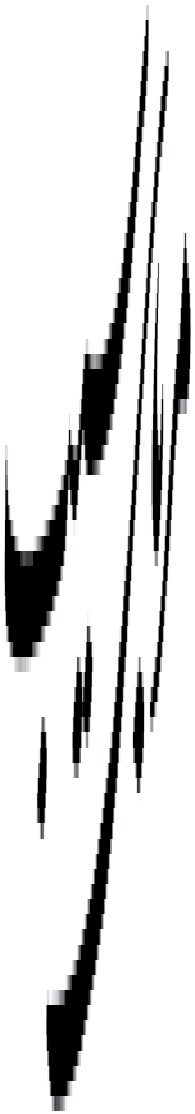
½ te

¼ cu

¼ cu
2 tab

Make
Prepa

Cook
Mor



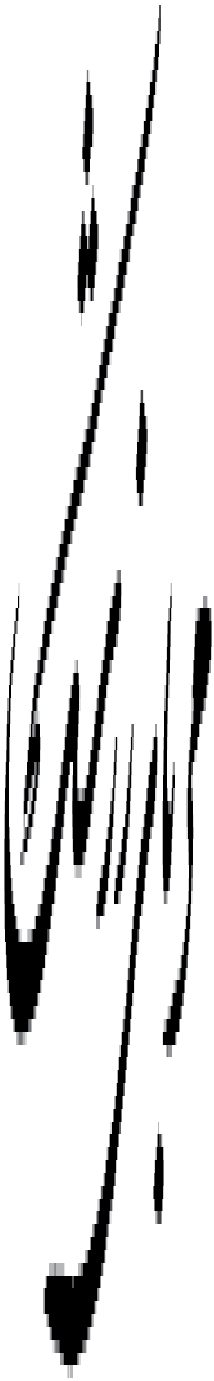
Ba

Make

Prepa
Cook

1. In
2. Ac

3. St
Mor



2 cup
2½ c

2 cup
½ te

½ te

¼ te

2 tab

467

PRESI

1. Sc
2. Qu

3. So

4. In

5. St
6. Se

Bit

6 bit

1 tab

3 cup
8 cup

GARN

¼ Cu

Make
Prepa

Cook
Mor

This

1. Pla

2. St

Mu

2 cup
½ cu

1 cup

2½ c

¼ cu

¼ cu

1 tab

Make

Prepa
Cook

Mor

FOOD

468

Make
Prepa

Cook
Mor

Wa

1 larg
¼ cu

8 cup

SYRU

3 cup

5 cup

Seed
2 tab

¼ cu

1. Cu

2. In

3. In

4. In

VARIA

Pum
Lime

Cucu

Toma

NOTE

Pickli

469

PRESI

FOOD

470

Be

Make

Prepa
Cook

Berg

1. If u

2. Cu

3. In

4. Pl

5. Ac

6. Re

7. Pla

NOTE

Pickli

2 pou
¼ cu

3 cup
4 po

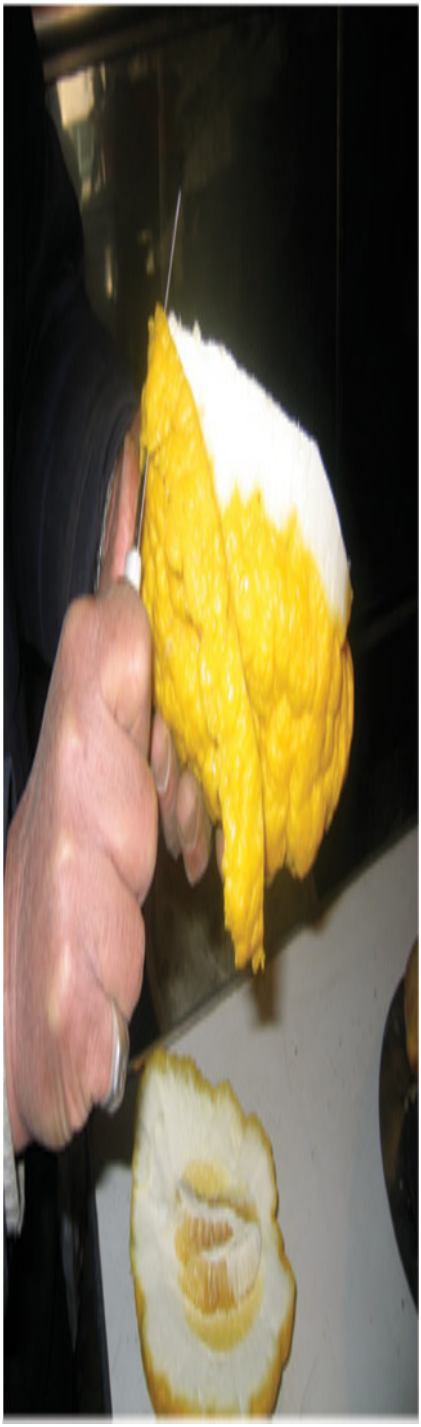
¼ te
Seed

2 tab

Mor

471

PRESI



FOOD

472

473

Tors

Som
For a

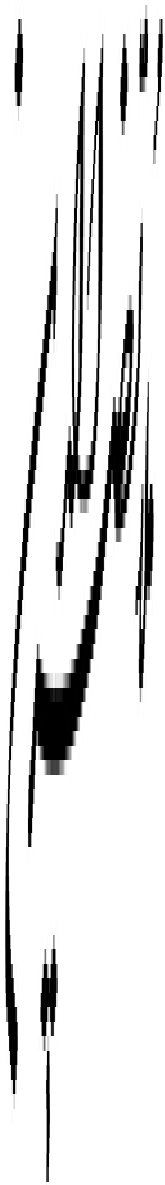
I rec

SEVI

Som

The
The

The



FOOD

474

475

PICKL

A foc

1. Ste

2. Co

3. Pla

4. Re

5. Fil

6. St

Fru

CHU

2 tea

1 tab

½ te

½ te

2 tea

1 tea

1 tab

1 tab

2 tea

FRUI

2 OU

½ po
½ po

1 tab

1 pou

½ po
½ cu

½ po
½ po

½ po
1 red

1 ora

1 bul

2 pou
8½ c

SEAS

1 tea

1 tab

2 tab

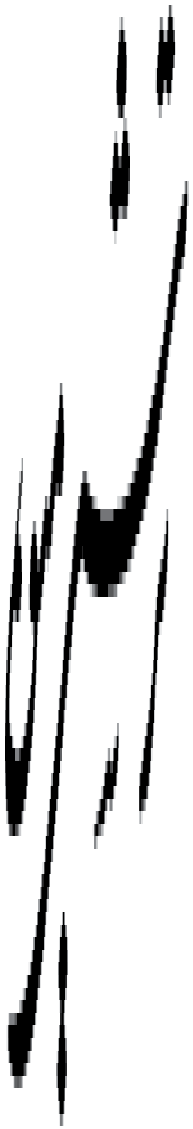
Make
Prepa

Cook
Stora

Torsi

NOTE

Make
To m



FOOD

476

Ma

Make

Prepa
Cook

Stora

1. Ste

2. In

3. In

4. Ac
5. Fil

Torsi

7–8 d

1 pou
4 fir

1 tab

1 tab

½ te

1 tab

1 tab

1 tab

1 tab

Da

Make

Prepa
Cook

Stora

1. Ste

2. In

3. In

4. In

5. Fil

Torsi

1 pou

1 pou
¼ cu

1 clo

1 tab

2 tab

2 pou

477

PICKL

سلطانی
عرقیات
عرق نعناع
عرق شوید
سبزیجات

FOOD

478

479

THE

FRO

Bent

The
Fillir

The
The

They
Thei

Quir
Like

Rubi

In pa

Bana

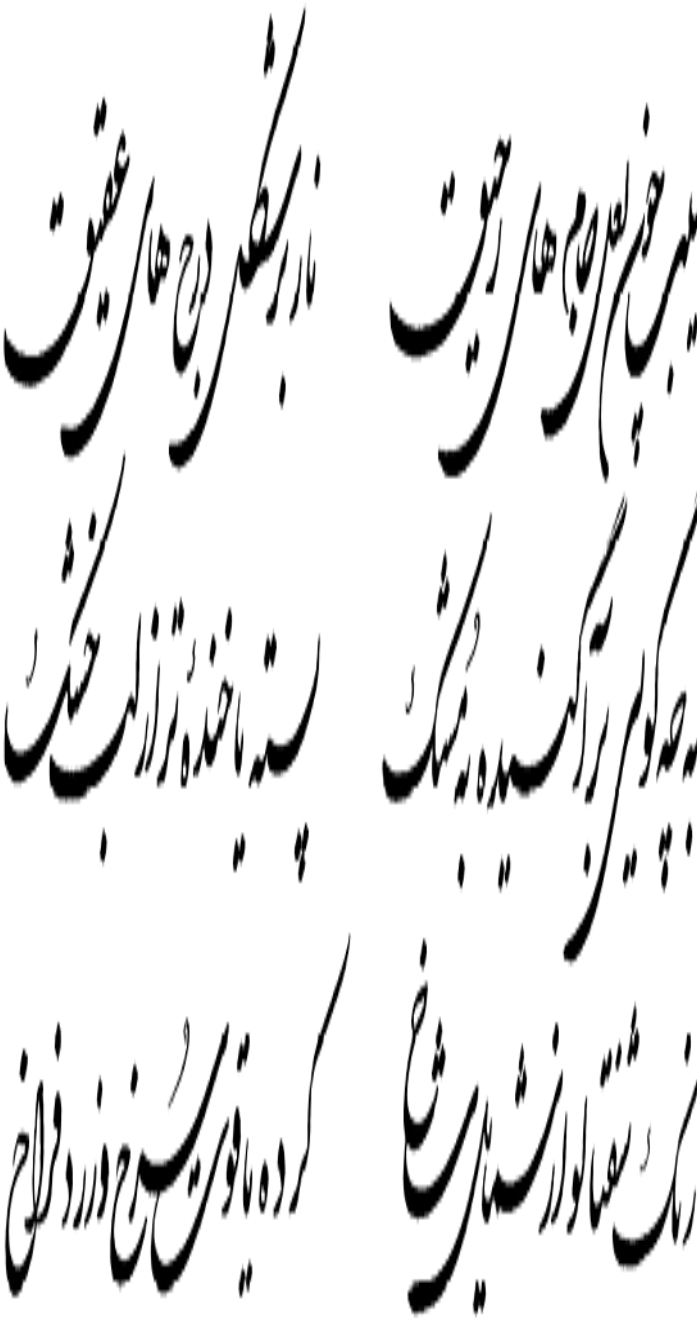
As th

Pear

They

A gra
Surv

The
Of o



The
Ripe

Mah
Delig

Gazi

Eatir

By m
A ba

Ther

Food

A dis
Were

Of sa
Ming

And

And

And
As w

The

And

FOOD

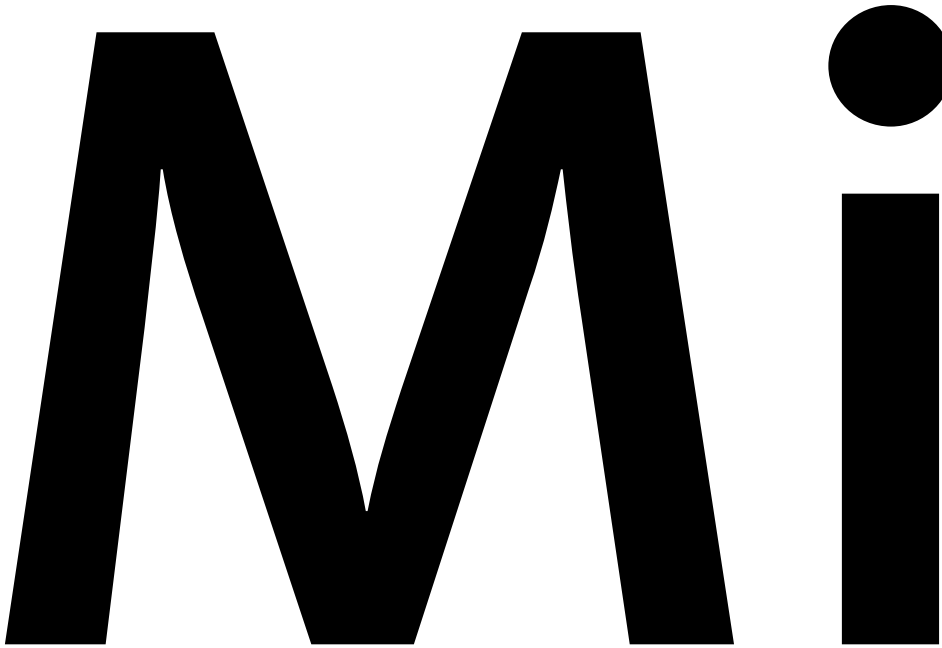
480

1. Ste
2. W

3. Cu
4. Pl

5. Ac
6. Fil

7. St



½ cu

½ cu

½ cu

½ cu

½ cu

½ cu

½ cu
9 sli

3–4 (
1 pou

2 gre

1 pou

½ po
2–3 s

10 cl

1 pou

½ he
2 tab

1 tab

1 tab

2 tab

1 tab

2 tab

4 tab

2 tab

¼ te

½ cu

½ cu

Make
Prepa

Stora
Tors

481

PICKL

FOOD

482

483

PICKL

1. Ste
2. Tri

3. In

4. Fil

5. St

Ga

1 pou
¼ cu

2 cup
1 tab

2 tab

Make

Prepa
Stora

Torsi

On

Make

Prepa
Stora

1. Ste
2. W

3. In

4. Fil

5. St
Tors

1 pou
1 tab

2 cup
4 spr

FOOD

484

Ve

Make

Prepa
Stora

1. Ste
2. Cl

3. W

4. Pe

5. Br
6. Re

7. Pe
8. Se

9. Le

10. C

11. Fi

12. To

VARIA

Pickl

Torsi

ARO

4 sp

4 sp
4 sp

4 ba
4 fre

VEGE

4 car

½ sr

1 sta

4 tur
2 red

2 pou
10 pe

5 clo

SPICI

1 tea

1 tea

BRIN

8 cu

6 tab

1 tab

½ cu

485

PICKL

1. Ste
2. Pla

3. To

4. To

VARIA

Baby

Baby

Eg

1½ p

4 cup

FILLI

2 tea

2 cup

1 cup

½ cu

½ cu

2 bu

2 gre

VINE

4–5

1 tab

2 tea

2 tea

1 tab

Make
Prepa

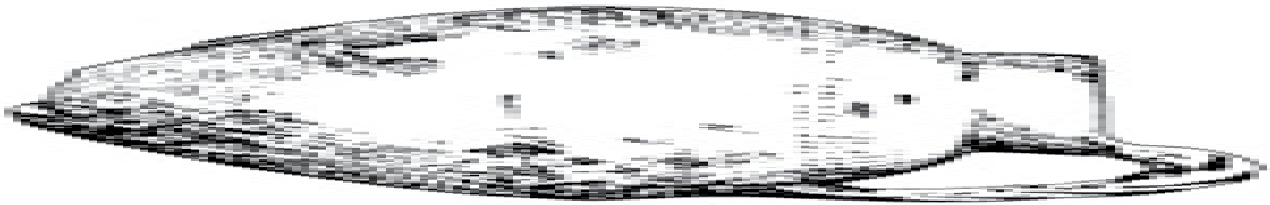
Stora
Bade

NOTE

Autu

Baby

Baby



FOOD

486

1. Ste
2. Cli

3. Pa

4. Fil

2 pou
2 pou

BRIN

2 qu

2 tab

½ cu

Bla

Make

Prepa
Stora

1. Ste
2. W

3. Fil

4. To

5. St
Phot

Baby

Baby

2 pou

BRIN

2 tab

½ te

½ cu

Un

Make

Prepa
Stora

Ghu
Tors

487

PICKL

The

نوشابه‌ها

FOOD

490

491

HO

TEAC

COFF

ICED

YOGU

QUIN

RHU

ROSE

VINE

APPL

MELO

BITTE

LIME

SOU

FOOD

492

فرمایش آقای مهندس عقیلی

493

HOT

TEA

CHA

Tea w

In m

In Ira

How
In Ira

We c
I ope

I dra

Sohra

com
494

NEW

TO

1. Bri

2. Fil

3. Po

4. Fil

495

HOT

Jujub

PERS

Saffr
Bring

ROS

Boil

BOR

Bring

JUJU

This

Boil

GIN

Boil

OTH

You
Nush

FOOD

496

CO

QA
The

Irani

TO

For e

497

HOT

Afte
Serv

FOOD

498

Yo

Make

Prepa
This

1. Po

2. Gr

3. Se
Dug

1 cup

1 tea

½ te

¼ te

1½ c

2 tab

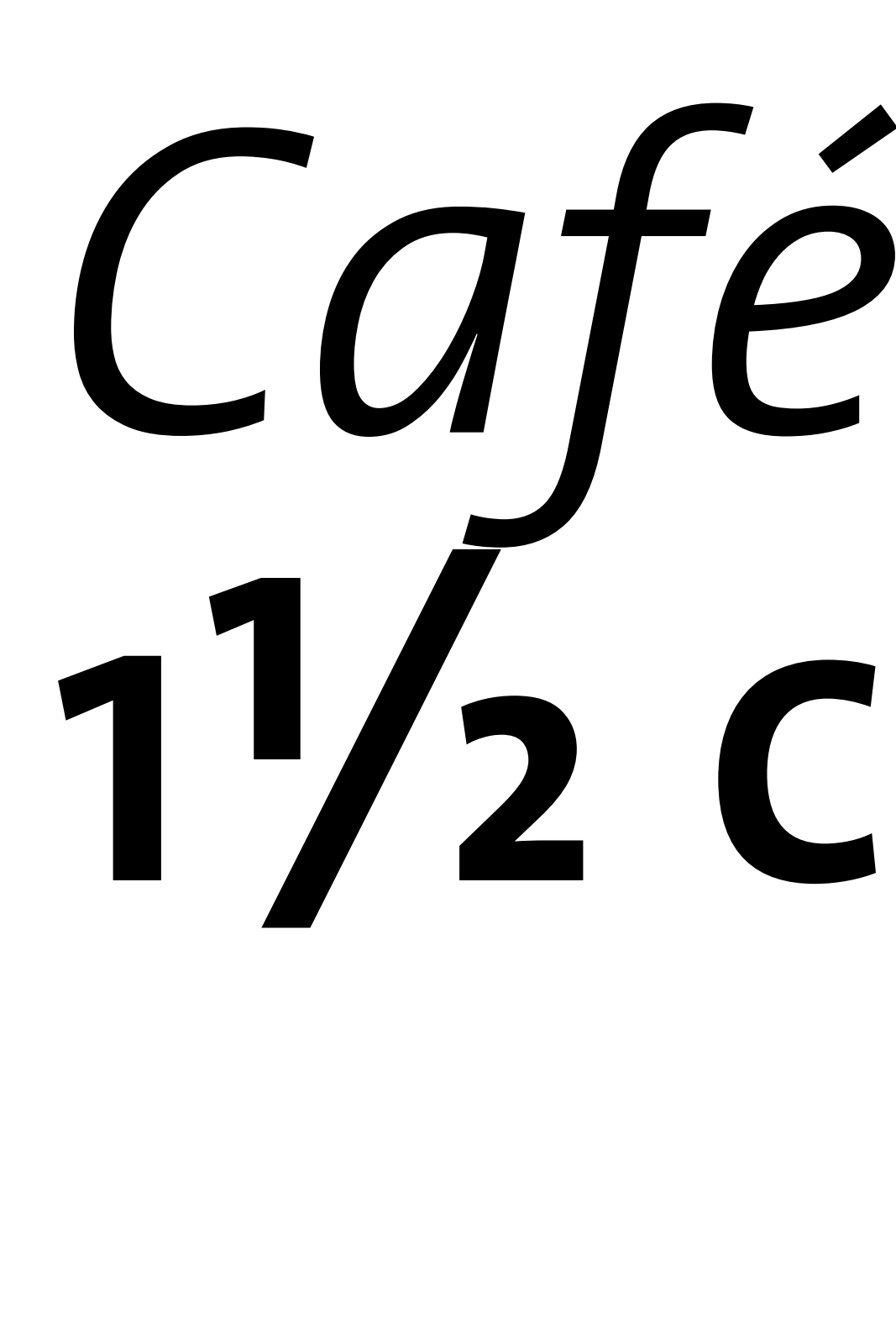
Ice

Make

Prepa
Slurp

1. Bri

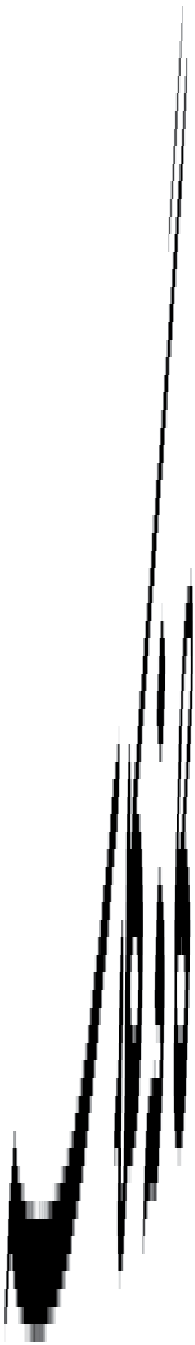
2. Ju


Café
1 1/2 C

1 tea

1 cup

4 sc
2 tab



499

HOT

Qu

Make

Prepa
Cook

1. Qu
2. Br

3. Re

4. In

VARIA

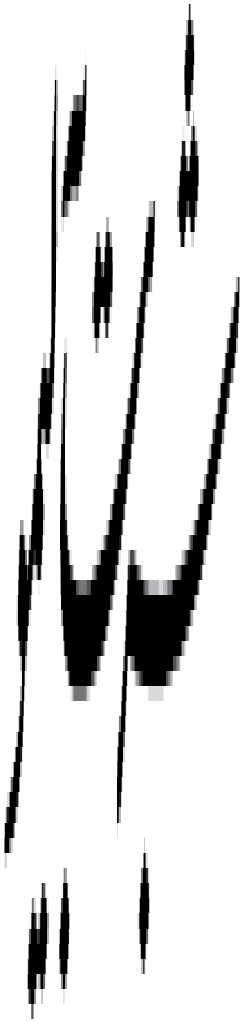
Tie tl

Shar

2 pou

4 cup
2 cup

½ cu



1. Wa
2. Br

3. AI

4. In

VARIA

In a

Rh

2 po

2 cup

4 cup
2 tab

Make
Prepa

Cook

Shar

JAM One

For J
With

The
Whe

Som

Fina

FOOD

500

be lo
One

“This
He t

Now
Whe

Whe
That

Cyni
The

501

HOT

FOOD

502

چقدر روی پشت بام خوابیدن خوبست

چقدر باغ با رفیق خوبست

چقدر مزه می‌دهد خوبست

چقدر سینمای فردین خوبست

و من چقدر از همه چیزهای خوب خوشم می‌آید

HOW

As Ic

With
Rena

Shar

Such

Such
503

HOT

With
With

Our
Brig

FOOD

504

Evil w

From

Wine
Who

A wi
Will

An e
Will

But s

An a

Win

To ev

WHA

505

HOT

FOOD

506

Ro

Make

Prepa
Cook

1. In
2. Re

3. In

VARIA

Saffr

Barb

Almo
Persi

Basil
Mint

Oran
Licor

Palm
Wild

Shar
Moh

2½ c

4 cup

¼ cu

½ cu

NOTE

Rose

Smal

507

HOT

From

FOOD

508

1. To

2. Ac

3. W

4. To

5. Fil

Vir

Make

Prepa
Cook

Shar

SYRU

6 cup
2 cup

1½ c

4 spr

GARM

1 CUC

3 lim

2 cup

1 cup
2 tab

Ap

Me

1. In
2. Ac

1. In

2. Ac

See p

509

HOT

Nare

1. To

2. In

3. In

Bit

5–6
4 cu

2 cup

Make

Prepa
Cook

Shar

Lin

Make

Prepa
Cook

1. In

2. In

VARIA

Lime

Shar

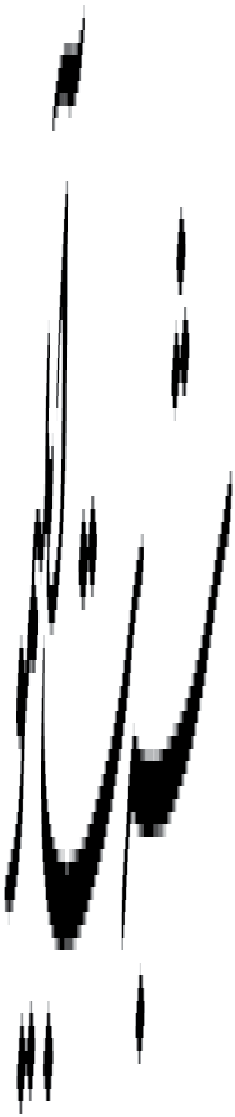
6 cup

2 cup
1½ C

GARM

Sprig

Lime



FOOD

510

1. In

2. In

3. Tie
4. Lif

5. Ad
6. Re

7. In

VARIA

Juice

Pom

Beet

Apric

So

3 po

5 cu

3 cup
4 tab

Make
Prepa

Cook

Shar

511

HOT

515

SN

DRIE

SWE

POW

PLUM

BAKE

HOT

CHA

SHIR

POPP

POPP

Facin

FOOD

516

517

Ven

Sum
Stre

Popu

FOOD

518

they
Ther

آخ... چقدر روشنی خوبست

چقدر روشنی خوبست

ومن چقدر دلم می‌خواهد

که یحیی

یک چارچرخه داشته باشد

ویک چراغ زنبوری

ومن چقدر دلم می‌خواهد

که روی چارچرخه یحیی میان هندوانه‌ها و خربزه‌ها بنشینم

Ah....

How

How
And

for Y

a ver

and

How

for m

amic

Forug

Phot

519

SNAC

FOOD

520

Asch

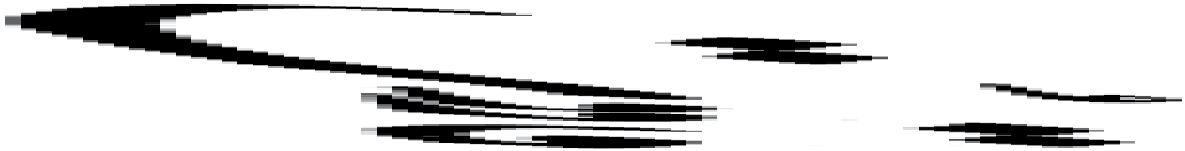
Mix

Pista
Sunf

Sw

Make

Prepa
Qaou

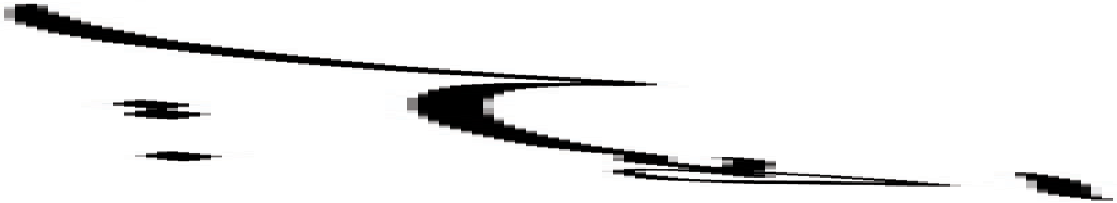


Dri

Ajil, t
Ther

1. Aji
2. Aji

3. Aji
Ajil



NOTE

For re

This

1. In

2. M

Po

Make

Prepa
Qovv

521

SNAC

FOOD

522

523

SNAC

Plum

1. Wa

2. Tra
3. Ac

4. Ro

VARIA

Pure
Plu

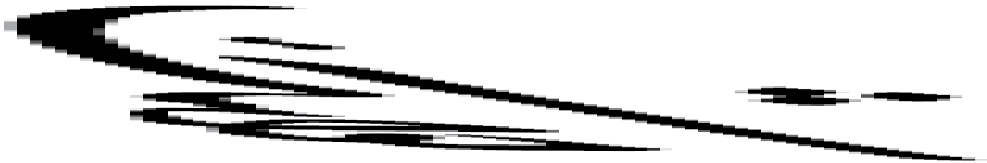
6 po

½ cu

½ te
Juice

Prepa
Cook

Dryir
Lava



FOOD

524

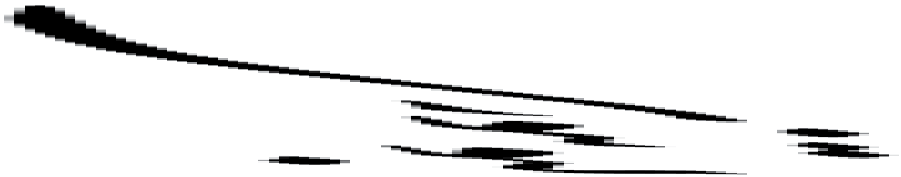
Place

STOV

In a r

Ba

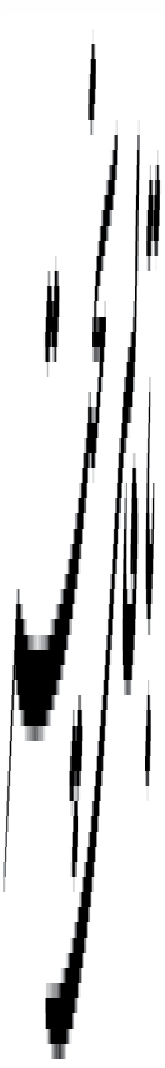
Labu



Ho

Use
You

Baq



1. Pre
2. W

3. W

VARIA

Sum

Ch

2 tab

2 qu

4 ea

Make

Prepa
Cook

Bala

525

SNAC

FOOD

526

1. Pe
2. He

3. He
4. Ac

5. Pl

cook

Use

NOTE

Use A

Dopi

2 pou

3/4 cu

1 pou

2 Me
2 tea

1 tea

1 tea

1 larg

Sang

2 bu

Sh

Make

Prepa
Cook

Dopi

527

SNAC

Po

Make

Prepa
Cook

1. Cl
2. So

3. Dr

4. In

5. Pla

Bere

2 cup
6 cup

2 tea

4 cup

GARN

1 tea

1. Cle
2. Dr

3. In

4. Pl

5. Re

Po

2 cup
6 cup

2 tea

4 cup

Make
Prepa

Cook
Adas

1. Cle
2. Dr

3. Pr

Ro

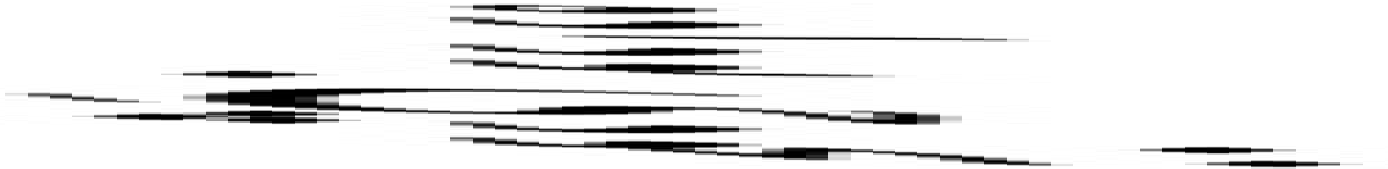
2 cup
½ cu

2 tea

Make

Prepa
Cook

Nok



529

YOGU

DRAI

PERS

DRIE

COOK

BULG

CLAR

PEEL

TOMA

GRAF

POM

BITTE

DRIE

GRAP

COOK

DRIE

VERJ

abg

REM
PERS

PERS

PERS

PERS

CLEA

REM
CAN

PEEL

SEED

JUICI

CUTT

HOW

ROAS

DRY T

CARA

PERF

NEW

PLAT

HC

FOOD

530

1. Bri

2. Re

3. Po

4. Ac

5. Ke

VARIA

Drai
Crea

Swee
Drai

Yo

8 cup

1 cup

Make
Prepa

Mas

HOW

531

Pe

Make

Prepa
Cook

1. Lin
2. Po

3. Re

4. Pl

5. Re
6. To

Pani

Chee

8 cup
½ cu

2 tab

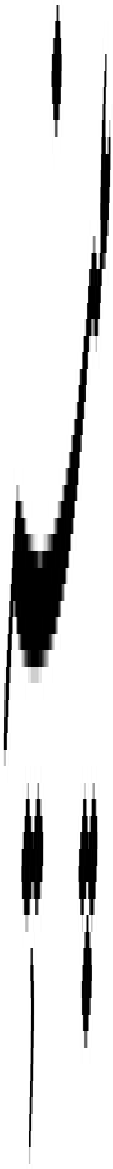
1 cup

GARM

2 tea

½ te

1 tab



FOOD

532

Ka

Make

Prepa
Dryir

In Ira

SIMP

Use

MR. P

1. Ma
2. Le

3. Lir
4. Re

5. Pla

VARIA

Black

Kash

NOTE

Anot

In sou

HOW

533

Tarkl

Read

Bu

Make

Prepa
Cook

Tark

Prepa

Use

Co

Clari

1. In

2. Be

3. W

Cla

1 pou

Make

Cook
Rog

FOOD

534

1. Wa
2. Po

3. Ac

4. Fil

To

12 pc
2 tab

Rob-
Snip

NOTE

In Ar

50 te
½ cu

12 CU

Gr

Pe

Ther

Make

Prepa
Cook

HOW

535

1. In
2. Br

3. Ge
4. St

Po

Make

Prepa
Cook

Rob-

8 cup

1 tab

1. Wa

2. Po

3. Pu

Bit

Dri

Make

Prepa
Cook

1. Pla
2. Br

3. Pl

4. Pc

5. Tra

NOTE

Drie

Ab-e

1 pou
8 cup

Rob-
Make

Prepa
Cook

FOOD

536

Gr

1. Wa
2. Pa

3. Re

4. Pc

Dush

20 p

Co

Whe

1. In

2. In

Make
Prepa

Cook
Asha

HOW

537

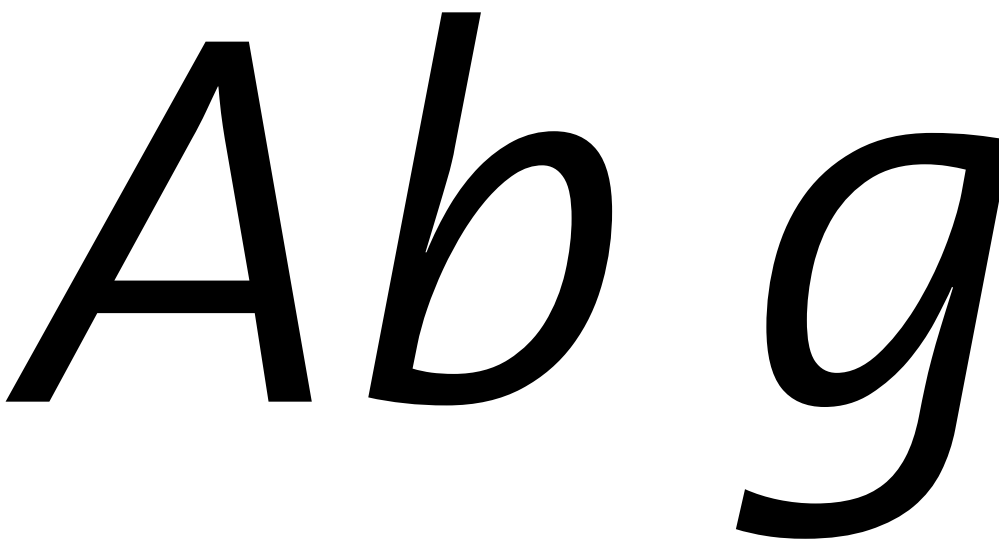
1. Wa
2. Us

3. Po

4. Fil

Ve

12 pc
1 tab



Dri

The I

With

For *k*

Limu

Re

METH

Peel

METH

Soak

Talk

Make
Prepa

Cook

FOOD

538

Pe

Make

Mix
2 tab

2 tab

3 tab

½ te

1 tea

1 tea

1 tea

1 tea

1½ t

2 tab

2 tab

2 tab

1 tab

Advi
Make

Mix

Pe

2 tab

1 tab

1 tab

1 tea

1 tab

1 tea

1 tab

1 tab

1 tea

Noh

Make

Mix

Pe

2 tab

2 tab

2 tab

2 tab

Advi

Make

Mix

Pe

2 tea

2 tea

1 tab

2 tea

1 tab

1 tab

2 tab

2 tea

Advi

HOW

539

Fruit

Clea

Cle

Tam

Ca

Shiri

In a

Wa

2 cup

2 cup

2 cup

2 cup

1 tab

Dala

Ca

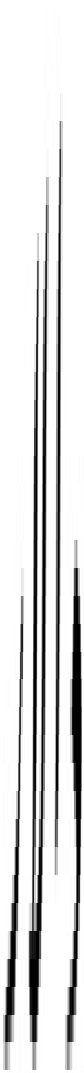
This

Place

Was

Make

Prepa



FOOD

540

1. Lin
2. To

3. Pl
4. D

VARIA

Cand

Ca

4 lar

2 cup

2 cup
4 tab

Make
Prepa

Cook
Pust

Re

Make

Prepa
Cook

1. Wa
2. Cu

3. Pla

NOTE

For b
Talk

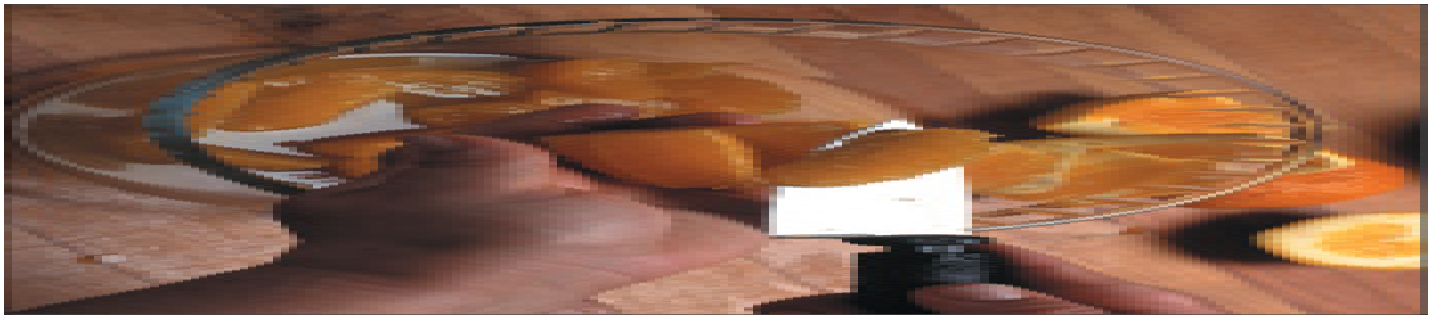
10 fi

HOW

541

Se

Se



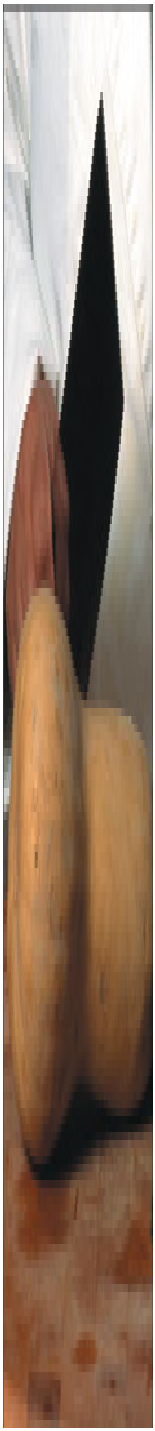
To pe
To se

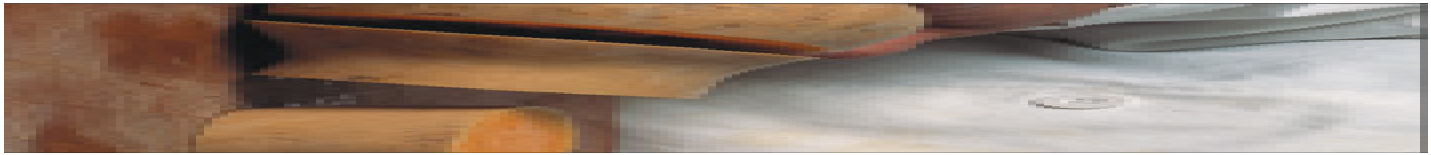
Jui

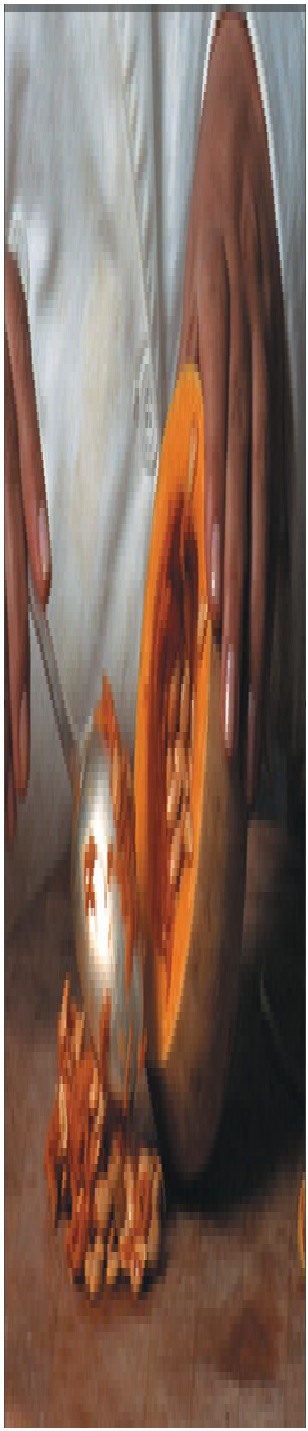
Irani

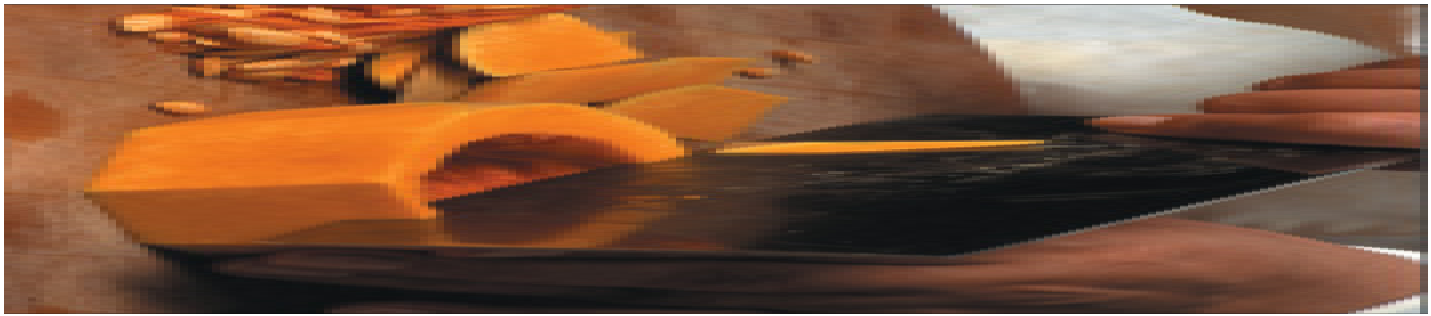
FOOD

542









Cu

Pum

Ho

2 cup
1 tea

⅔ cu

1. In

2. Tra
3. Us

4. Sp
Fresl

Pe

Place

So

HOW

543

Heat

Dr

Pe

Place

Ro

In a
½ cu

2 tab

4 cup

Heat

Ca

Make

Prepa
Cook

2 cup
¼ cu

Place

Dr

SPICI

Mix 1

FOOD

544

In Ira

TRAD

1. Pla
2. Dr

3. Pl

4. Pl

5. Co

VARIA

You c

Ne

Sam

NOTE

In pre

2 pou

5 cup
2 tab

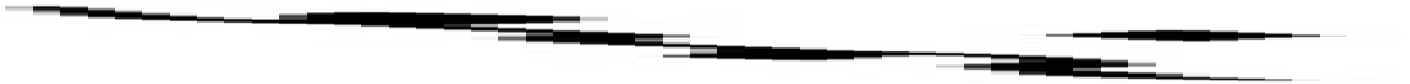
pista
2 tab

2 tab

1 tab

Make
Prepa

Cook



HOW

545

1. Pla
2. Dr

3. Pl
4. Re

5. Ch

Pla

Time

Ingre
Equip

Sabz

Sp

Time

Ingre
Equip

1. Su

2. At

3. Re
4. O

Sp

Place

FOOD

548

549

CERE

WED

THE I

STEP

THE
NEW

THE S

NOW

WAT

AUTU

WIN

FIRE

RAM

HAJJ

PERS

MEM

CE

FOOD

550

551

Sofre
Sofre

Sofre
The

The
Char

CE

SOF

FOOD

552

with

Each

Belo

Sofr

Bibi

Sofr

SOFR

SOFR

In th

CEREA

553

I SA

Its sl

Tall,
(Its s

The Swe

Cens
Find

Of o

Asto

The
And

That
Unti

Bene

Till r

That
I slep

Cont

Unto
Thou

So g
A my

A my
The

The
The

The
The

Like

The

Smo
Quic

Like
A ma

Ran

FOOD

554

555

Turn

The

- At
- An

- A la
- A p

- Tw
- An

- An
- As

- An

WI

JASP

FOOD

556

The
Aho

The

To bu

The
Befo

CEREA
557

A dou
The b

her h

In re

For a

Note:

FOOD

558

THE

Step

Step
Step

Step
Step

Step
An ir

CEREA
559

STEP

1. Se

2. Cr

3. Se

4. Ge
5. Ge

6. Ge
7. Mä

8. Re

9. Pr

10. A

11. A

12. G

13. M

14. M

15. C

16. A

17. Pr

18. S

560

FOOD

WEB
fakh

The

Ram

His s

I swe

The

I swe

I swe

I swe
And

That
Whil

Whi

Whi

Ram

The

He’ll
To gi

Vis p
And

She
This

Keep
Fresh

And

Dark

Each

I will

May
And

And

And

They
Of a

Vis l
The

And
His g

It wa
A sil

And

Whi

Thei
Best

Now
And

So cl
That

And
The

For e
He k

Now
Place

And
Ash

Ram

And

Whe
On v

But t
A he

And
Thei

So fa
They

561

CERE

Paint

FOOD

562

نوبهار است و بود در گل و شاداب چمن
همه گل‌ها بشکفتند بغیر از گل من

حیف باشد دل آزاده بنوروز غمین
این سخن امروز شنیدم ز زبان سوسن

هفت شین سازکن جان من اندر شب عید
شکوه و شیرین و شب شهد و شور و شیون

هفت سین ساز کن از سبزه و از سنبل و سیب
سنجد و سار و سرود و سخن و سکوی سمن

هفت سین را یکی هفته دلخواه بنه
هفت شین را بدر خانه بدرخواه افکن

صبح عید است برون کن ز دل این تیرگی
کآخر این شام سیه خانه نماند روشن

رسم نوروز بجای آور و از یزدان خواه
کآورد حالت ما باز به حالی احسن

The S
With

Now

It wo

Dism
Disd

But t

Take

And
Thes

(And
Leav

Now
From

Keep
Bliss

Male

PEI

NO

Acco

CEREA
563

نشسته بر و شاه فرمان روا

جشن نوروز و عید بازار

جهان از بخشش شد پر ز تخت او
شکفته گشت روز و ماه از بخت او

به جمشید بزرگ گوهر افشاند
کز آن روز سیاه روز نو خواند

سر سال نو بهر فرودین
برآسوده از رنج روی زمین

چنین جشن فرخ از آن روزگار
بجا ماند از آن خسرو نامدار

فردوسی

FOOD

564

In ha

- Cle

- For
- Do

- Go
- Dis

A few

haji

sal-i
ham

eyd-
Haji

It's o

Every

Now

The

CEREA

565

THI

SOF

In ev
To re

On t

FOOD

566

قسم زنی را دیدم، نور در رهاوی می‌گوید.

ظهر از عشق آتش‌بار بود، بهر بی‌نوا، دارای شبنم بود

کاسه داغ محبت بود.

I saw
Ther

Ther

Sohra

CEREA
567

coat

On t

A few

Ay H

O Ha
She

FOOD

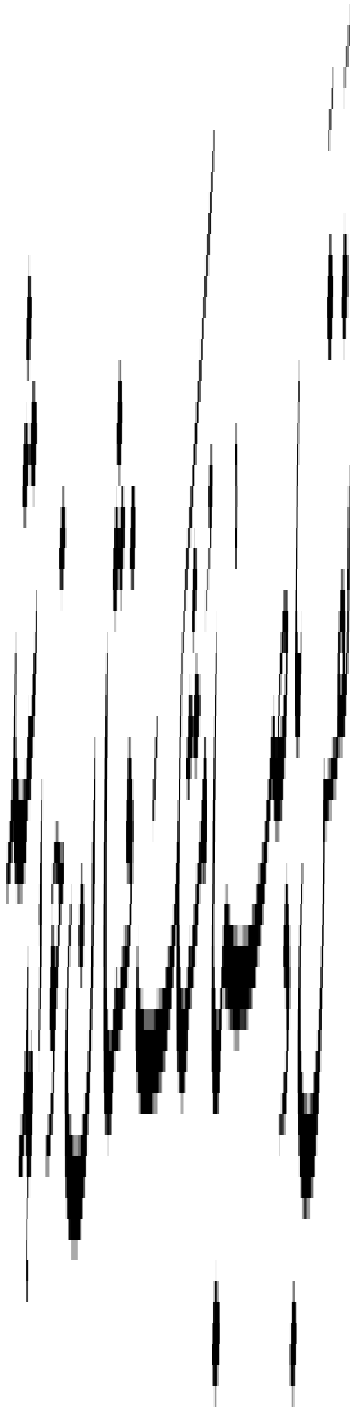
568

CERE

569

won

Exac



Nafa
The

The

FOOD

570

NC

The

- No

- Ric
- He

- Bre
- Wh

- Spr
- Ice

- Saf
- Bal

CEREA
571

Afte

The

Acco

NOTE

Now

يا مقلب القلوب والأبصار

يا مدبر الليل والنهار

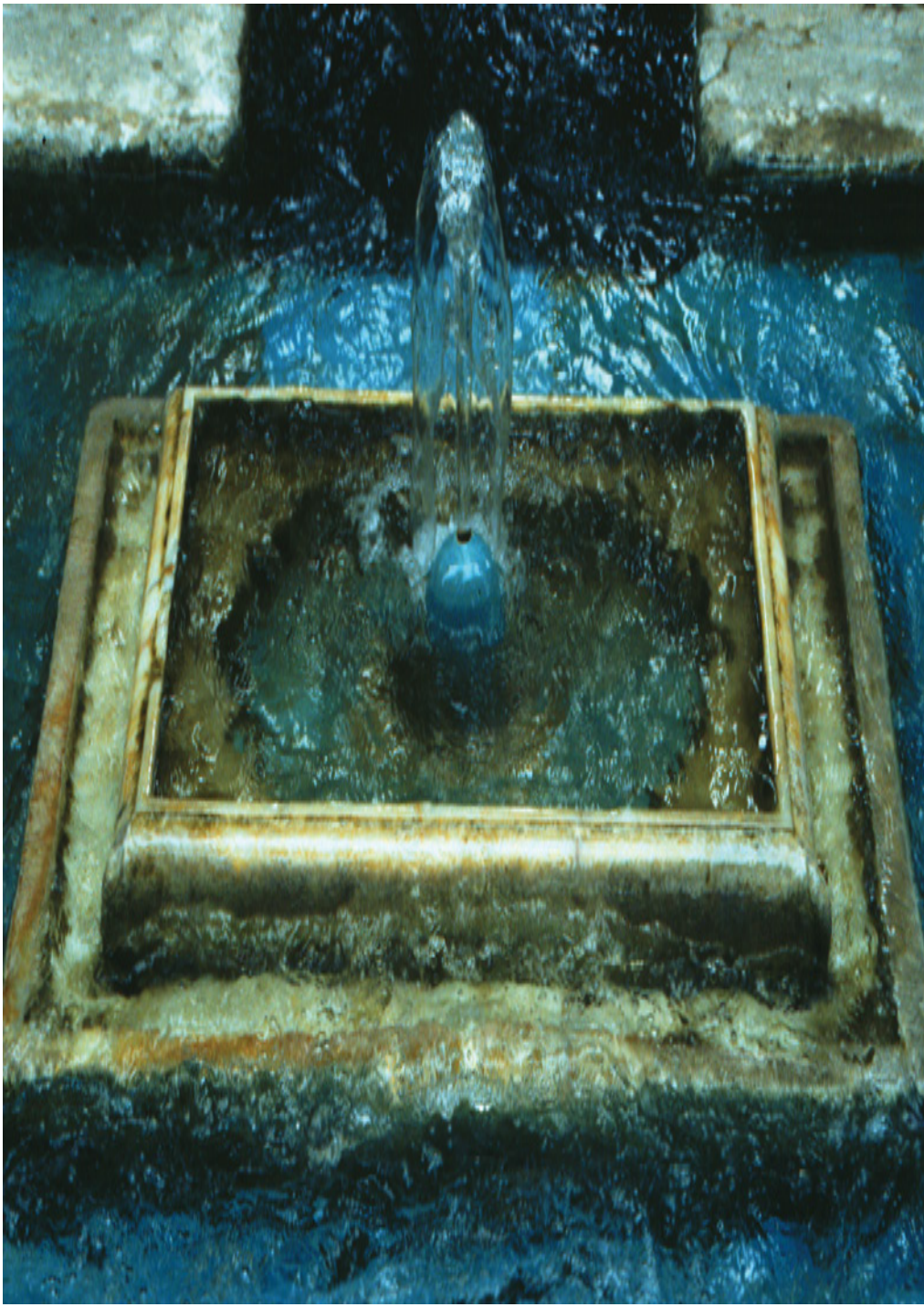
يا محول الحول وأحوالها

حول حالنا إلى أحسن الحال

O Sw
O Go

O Sw
Turn

572



Jash
Acco

WA

JASP

573

Jash

In Ira

جشن مهرگان

«جشن آفرینش یا عید آفرینش»

برهم کیان تاج و تخت مهی — بیارایت باگاه شاهنشهی

زمانه به‌امروز گشت ازبری — گرفتند هر یک ره بخردی

بروز خجسته سر مهر ماه — ببر بر بهار آرزو کامگاه

مهی روشن و چهره‌ها شادنو — جهان نو ز نو داد بر ماه نو

نشستند فرزانگان شادکام — گرفتند هر یک زیاقوت جام

دل از داوری‌ها بپرداختند — به آفرینگر یکی جشن نو ساختند

پرستیدن مهر گان دیرباز است — تن آسایی و خوردن آفرین آز است

AU

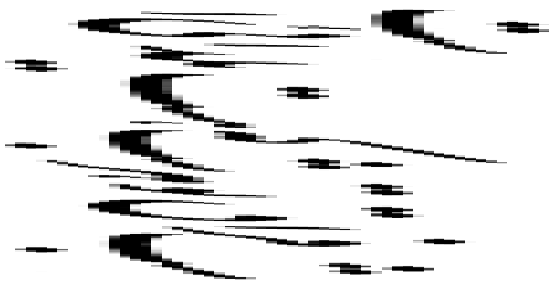
JASP

A Sas

574

In th

In th
On t



Sigh

Any

Sa'di

SHA

CERE

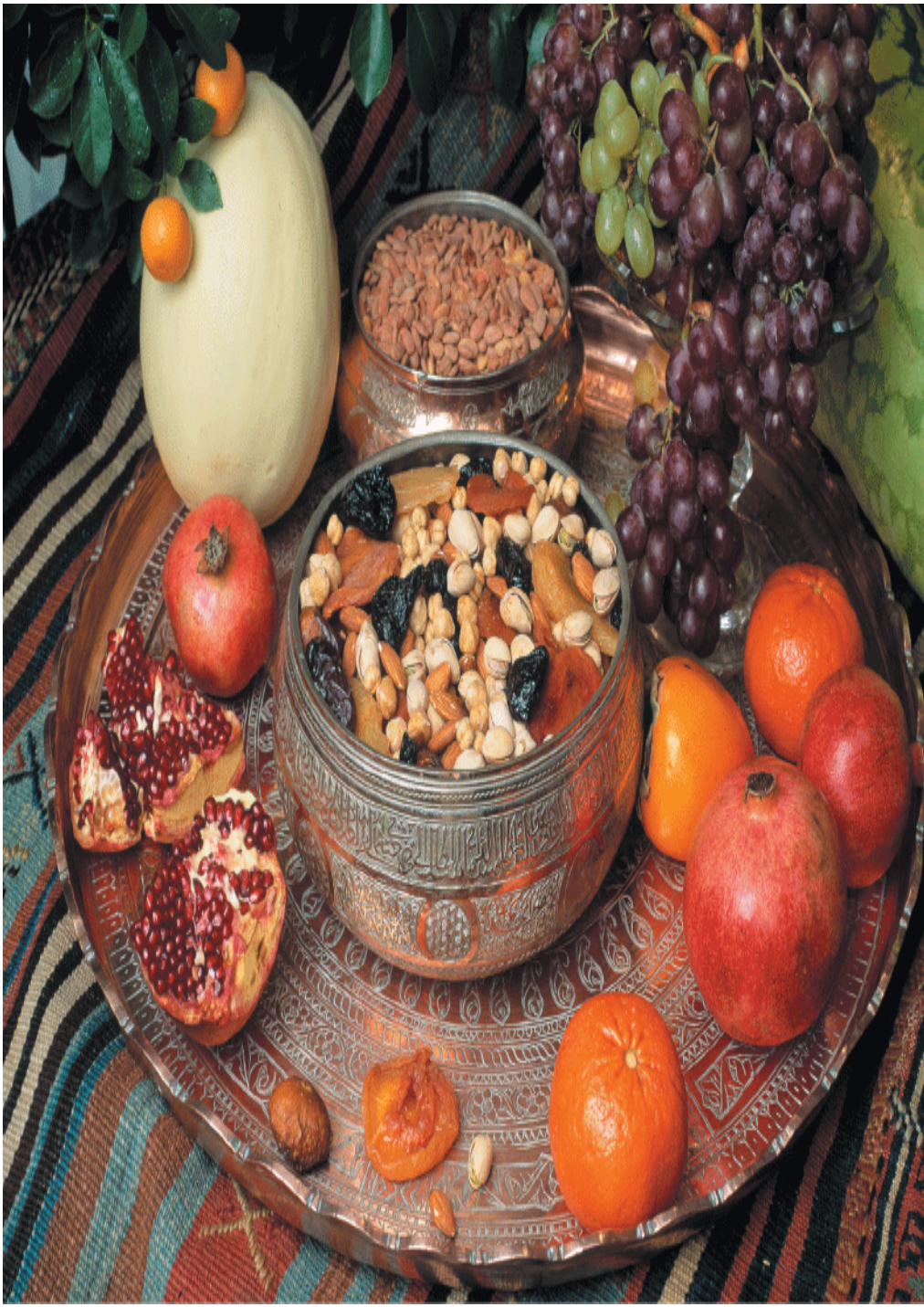
575

575

FOOD

576

Ther
Early



577

Jash

Thro

Pota

جشن سده

«جشن پیدایش آتش»

یکی روز شاه جهان نو بکوه — گذر کرد با چند تن هم گروه

شب آمد بر افروخت آتش چو کوه — پراکنده شد گرد او با گروه

یکی جشن کرد آن شب و می بخورد — سده نام آن جشن فرخنده کرد

ز هوشنگ ماند این سده یادگار — بسی بگذرد این بود گر بهشت یار

نسخه دوم

FIR

JASP

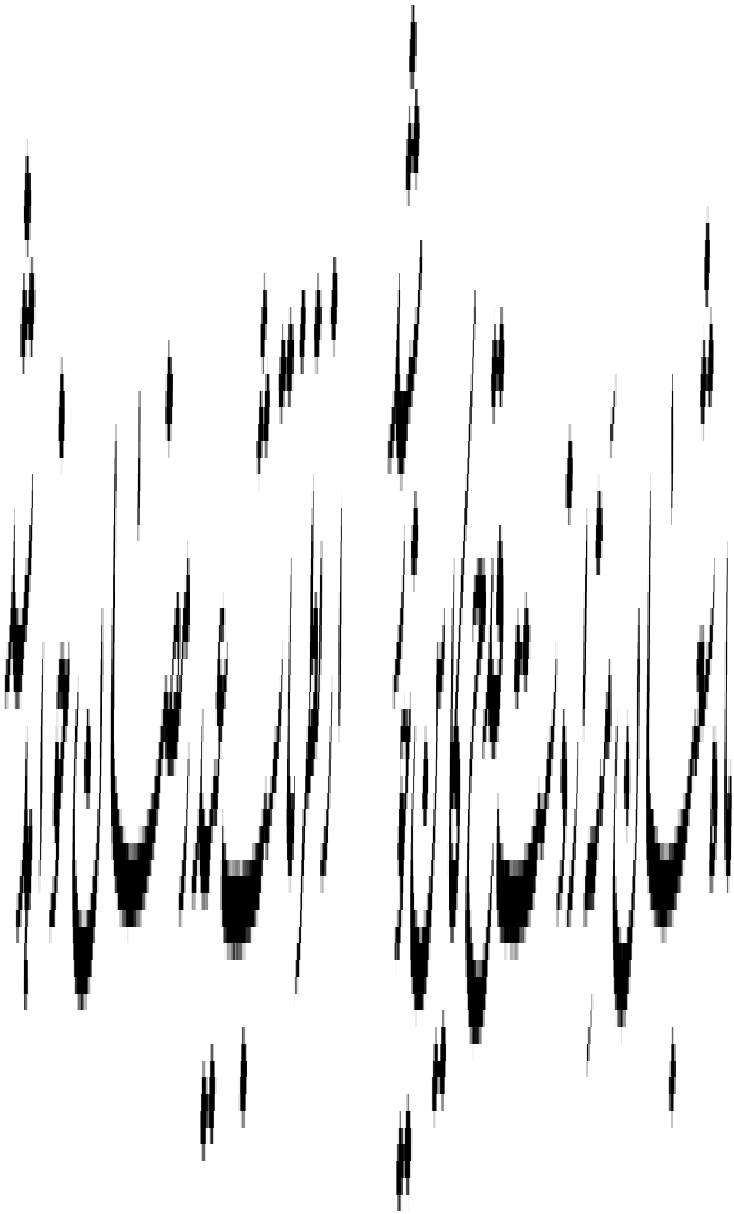
578

Ram

Duri

In ou

Soon



Drin
Since

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As q

HAFE

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Duri

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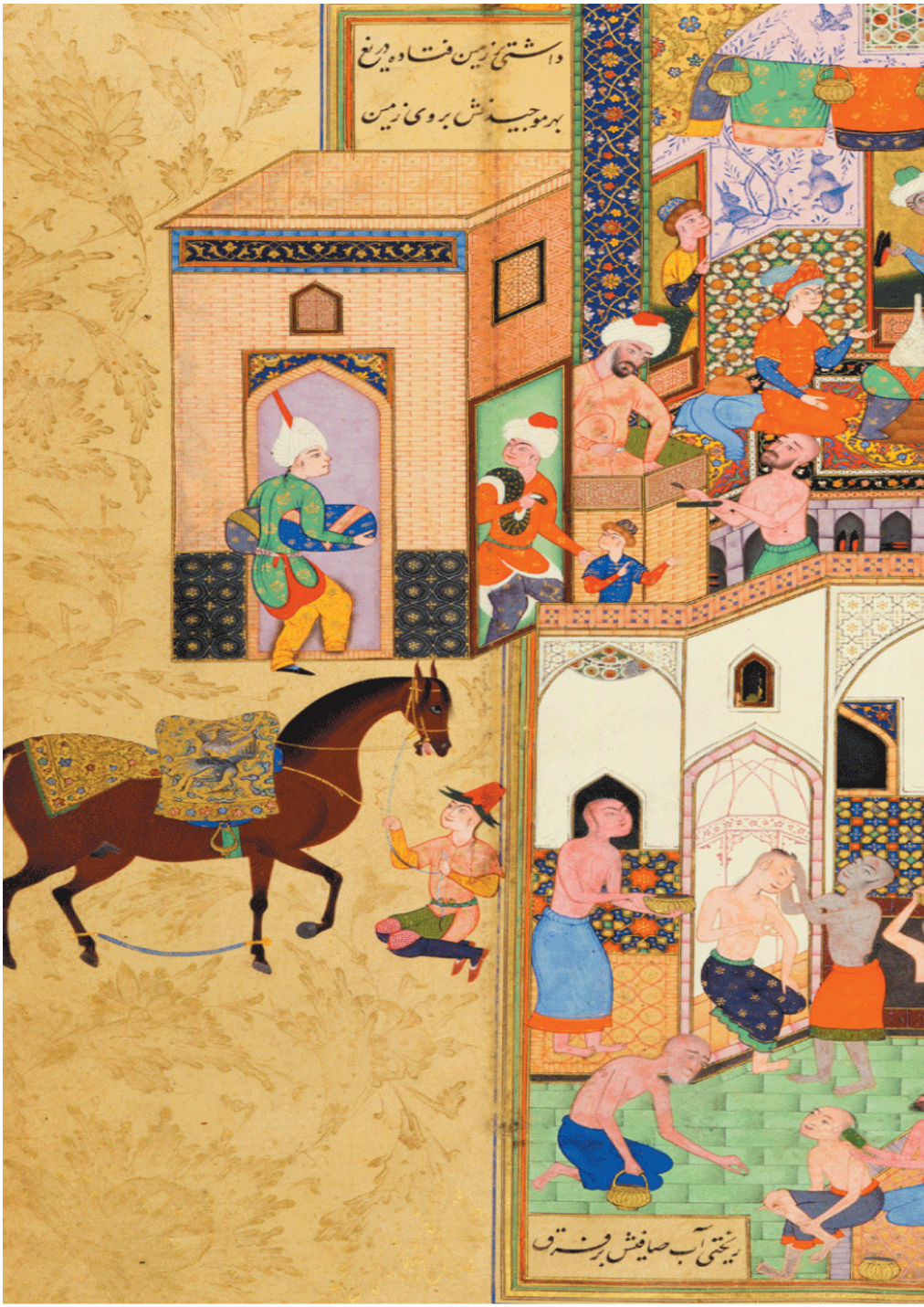
582


داشتی ز زمین فتاده مرغ
بهر موجیدنش بروی زمین
ریختی آب صافیش بر فرق

583

Persi
Gen

Afte

For a

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Once
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Is th

I'm e

Sa`di

گلی خوشبوی در حمام روزی

رسید از دست محبوبی بدستم

بدو گفتم که مشکی یا عبیری

که از بوی دلاویز تو مستم

بگفتا من گلی ناچیز بودم

ولیکن مدتی با گل نشستم

کمال همنشین در من اثر کرد

وگرنه من همان خاکم که هستم

FOOD

584

585

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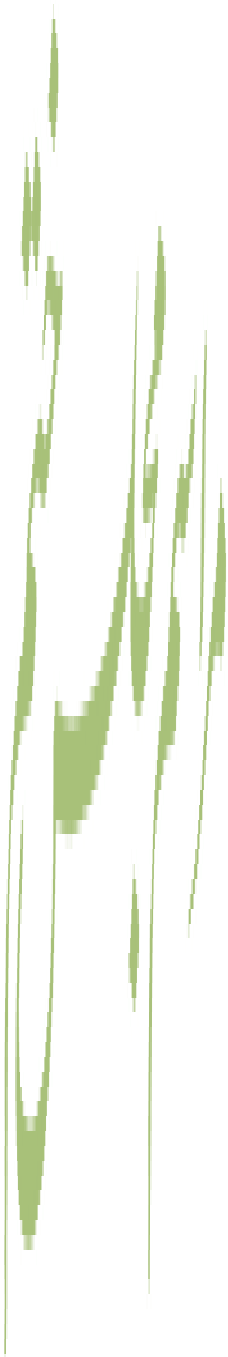

FOOD

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The

Once
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Afte

I like

تا کی غم آن خورم که دارم یا نه
وین عمر بخوشی گذرانم یا نه

پر کن قدح باده که معلوم نیست
کین دم که فرو برم برآرم یا نه

Have
Will

Ah, f

Inha

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589

Ifish

I'd te

But I

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Sear

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My I

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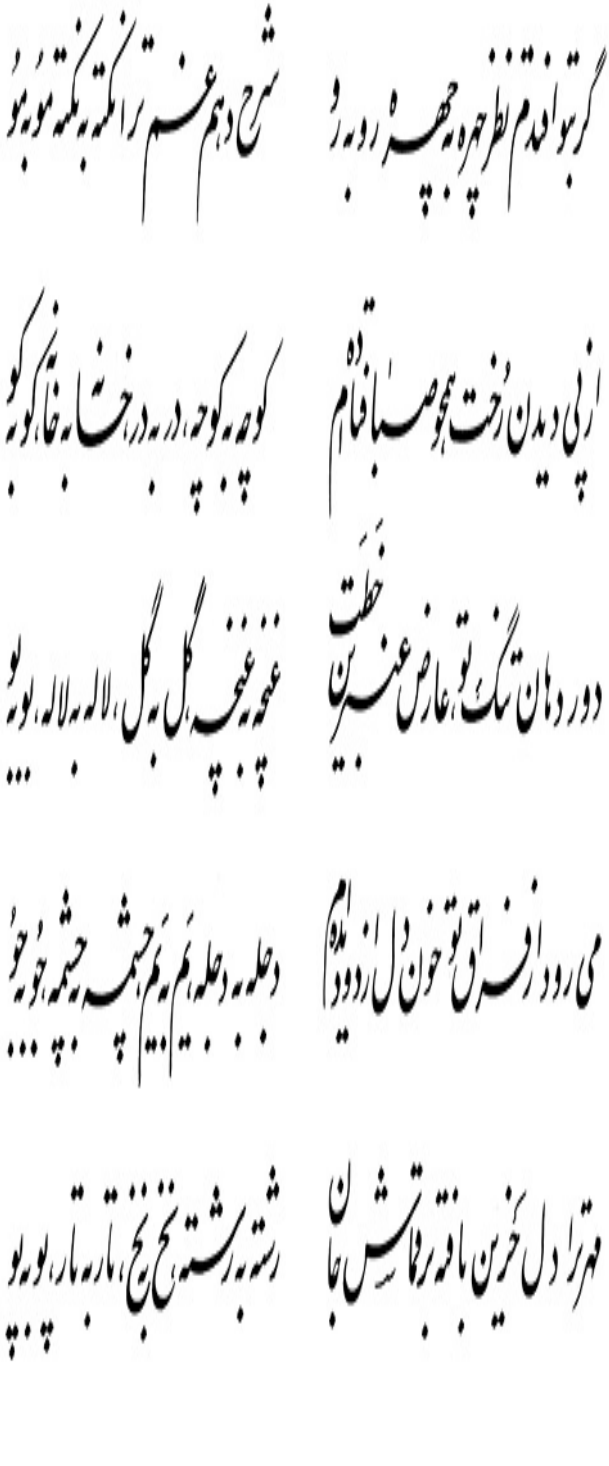

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FOOD

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YOGU

In th

YOGU

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Clust

608

FOOD

DRIED

Basil

Reyh

Bay I
Barg

Chive

Tarh

Cilan

Gishr

Dill w

Shivi

Fenu

Shan

Mint

Na'n

Persi

Golp

Persi

Gard

Persi

Limu

Sumi

Marz

Tarra

Tarkh

DRIED

Barle

Jow

Chick

Nokh

Gree

Baqa

Kidn

Lubia

Lenti

Adas

Pinto

Lubia

Yellow

Baqa

Yello

Lape

SPICE

Card
Hel

Cinn
Darl

Clove

Mikh

Cum

Zireh

Curry

Kari

Ging

Zanje

Nige

Siah

Nutn

Jowz

Persi

Advie

Saffr

Za'fe

Sum

Soma

Turm

Zard

Vanil

Vanil

MOLA

Bitte

Rob-

Grap
Shire

Pome

Rob-

Toma

Rob-

SYRU

Oran

Pust-

Sour

Mora

Vineg

Seka

DRIED

Almo

Khal

Barb

Zeres

Bitte

Nare

Date

Khor

Dried

Qeys

Oran

Baha

Pista

Khal

Pista

Peste

Prun

Alu

Quin
Gol-e

Raisi

Keshi

Rose

Gole-

Tama

Tamr

Waln

Gerd

OTHE

Bitte

Nare

Chin

Senje

Dried

Kash

Garli

Sir

Jujub

Anna

Lemo

Ablin

Olive

Rogh

Onio

Piaz

Quin

Beh

Rice,

Beren

Rose

Gola

Verju

Ab-g

Vineg

Serke

Whe

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609

APPE

Peop

Mea

Beef,
Duck

Hen

Lam

Red s
All o

Roos

Turk

Veg

Beet

Cabb
Card

Carro
Caul

Cele
Corn

Cucu

Eggp

Garli
Grap

Gree
Gree

Gree
Lettu

Mus
Okra

Onio
Potat

Pum
Rhub

Shal
Spin

Toma
Turn

Cere

Barle

Barle
Chicl

Corn

Kidn

Lenti
Mun

Pinto

Rice

Whe
Yello

Yello

Frui

Almo
Appl

Apric
Barb

Date
Figs

Grap
Man

Nect
Oran

Peac

Pear

Pista

Prun

Q̃uin
R̃aisi

Swee

Tart

Wal
Wate

Persi

Spic

Card
Cinn

Clove
Cum

Curry
Ging

Nige
Nutr

Pepp
Saffr

Salt
Sum

Turn

Vani

Herl

Bay I

Chive
Coria

Dill v
Fenu

Marj
Mint

Parsl
Persi

Tarra

Dair

Eggs
Feta

Milk

Drie

Yogu

Oth

Coffe
Hone

Lem
Persi

Pom
Rose

Sour
Suga

Tama
Tea r

Toma
Vine

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610

FOOD

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Ab-g

Verju

Ablin

Lime

Adas

Lenti

Advie

Persi

Aekli

Rose

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A mix

Alba

Sour

Alu

Prun

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Gold
Anar

Pome

Anbe

Mang
Anjir

Fig

Anna

Jujub

Ard-e

Malt

Arde

Roast

Arza

Mille

Avish

Oreg

Avish

Thym

Azil

Medl

Bada

Almo

Bade

Berg
Badi

Anise

Badia

Star
Baha

Oran

Balag

Wate

Bam

Okra

Baqa

Gree

Baqa

Fava

Baqa

Yello

Barg

Bay I
Barh

Allium

Beh

Quin

Beh-t

Japan
Behli

Lemo

Beren

Rice

Bidm

Musk

Bum

Yarro

Cha'i

Tea

Chav

Rye

Dane

Popp

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Allsp

Gard

Bakir

Garm

Cant

Gava

Cape
Gerd

Walr

Ghur

Unrip

Gilas

Cher

Gish

Cilan

Goje

Baby
Golg

Borag
Gola

Rose

Gola

Pear

Gole-

Rose

Golp

Persi

Hel

Card.
Hulu

Peac

Ja'fa

Parsl

Jow

Barle

Jow-

Oat

Jowz

Nutn

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Bakir

Kaku

Wild

Kalar

Cabb

Kang

Card
Karj

Celer

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Wild

Kari

Curry

Kash

Drie

Kasn

Chic

Kava

Cape
Kesh

Raisi

Khal

Alm

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Pista

Khar

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Khia

Cucu

Kholi

Pursl

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Date

Khor

Persi

Konje

Sesa

Labu

Stear

Lape

Yello

Limu

Dried
Lubia

Pinto

Lubia

Kidn

Mag

Mun
Mar

Aspa
Mary

Sage

Marz

Marj
Marz

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Wine

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Shrin

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Clove

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Fruit

Musi

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APPE

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Tang

Nare

Bitte

Nogi
Suga

Nokh

Chick

Osh

Hear

Panir

Persi

Peste

Pista

Piaz

Onio

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Sprin

Porte

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Pust-

Oran

Qeyn
Smal

Qeys
Drie

Qorm

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Razia

Fenn

Reshi

Nood

Reyh

Basil

Rivas

Rhub

Rob-e

Pome

Rob-e

Bitte

Rogh
Caste

Rogh
Olive

Sabze
Sprou

Sahl

Powe

Sam
Whe

Sekar
Vineg

Senje
Chin

Serke
Vineg

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Grap

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Garli

Sirab

Tripe

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Somb

Valer

Susse
Pepp

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Chive

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Leek

Golp
Tark

Bulgu

Tarkh

Tarra

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Gard

Taru

Hear

Toro

Radis

Torsh

Sorre

Torsh

Persi

Tuso

Grap

Tut

Mulb

Valk

Wild

Vani

Vanil

Yas

Jasm

Yonje

Alfal

Zaba

Tong

Zaba

Cactu

Za'fe

Saffr

Zanb

Iris

Zanje

Ging
Zard

Turm

Zeres

Barb

Zireh

Ajuw

Zireh

Cum

Zireh

Carav

Zofa

Hyso

612

FOOD

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Ajuw

Zireh

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Allium

Barh

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Felfe
Almo

Bada

Almo

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Anise

Badi

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Aspa

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Gard

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Barb

Zeres
Barle

Jow

Basil

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Bay I

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Rob-e

Borag

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Garm
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Fruit

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Porte

Oran

Baha

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Avish

Parsl

Ja'fa

613

APPE

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Hulu

Pear

Gola

Pepp
Susa

Persi

Panir

Persi

Golp

Persi

Torsh

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Pista

Khal

Pome

Rob-t

Popp

Shag

Popp

Dane

Potat

Sibza

Powe

Sahl

Prun

Alu

Pursl

Kholf

Quin

Beh

Radis

Toro

Raisi

Keshi

Rhub

Rivas

Rice

Beren

Roast

Arde

Rose

Sham

Rose

Gole-

Rose

Gola

Rose

Aekli

Rye

Chav

Saffr

Za'fe

Sage

Mary

Sesa

Konje

Shrin

Meyg

Smal

Qeyn

Sorre

Torsh

Soup

Osh

Sour

Alba

Spice

Advie

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Piazc

Sprou

Sabze

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Badi

Stear

Labu

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Sum

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Marz

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Tarkh

Tea

Cha’i

Thym

Avish

Tong

Zaba

Tripe

Sirab

Turm

Zarda

Turn

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Unrip
Ghur

Unrip

GojeM

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Somb

Vanil

Vanil

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Vineg

Serke

Vineg

Seka

Walr

Gerd

Wate

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Sobu

Whe
Sma

Wild

Karaj

Wild

Vala

Wild *Kaku*

Wine

Mey

Yarro

Bum

Yello

Baqa

Yello

Lapel

Yogu

Dugh

614

FOOD

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Anba

Ash

Zaba

Ash,

Zaba

Aster

Gol-e
Bay, I

Barg-
Beec

Rash

Boug

Gol-e
Boxw

Shem

Carn

Gol-e
Ceda

Cedre

Ceda

Cedre
Char

Babu
Ches

Shah

Ches

Shah

Chrys

Gol-e
Cypre

Dera
Cypre

Dera
Cypre

Dera

Dahl

Koka

Dam

Gol-e

Elm

Narv

Elm,

Narv

Elm,

Narv

Fir

Seno

Fir, b

Seno

Fir, re

Seno

Fir, si

Seno

Fir, w

Seno

Gera

Sham

Holly

Gol-e
Hone

Pich-

Iris

Zanb

Jasm

Yas

Junip

Ardij

Lanta

Gol-e
Laver

Aust

Lilac,

Gol-e

Lilac,

Yas-e

Linde

Zirfu
Mag

Magn
Magn

Magn
Mapl

Afra-
Mapl

Afra-
Mapl

Afra-
Mapl

Afra-
Mari

Gol-e
Meso

Ghaf
Musk

Nasta
Myrt

Turi

Narc

Gol-e
Nast

Lada

Oak

Balut

Oak,

Balut

Oak,

Balut

Oak,

Balut

Olea

Khar

Pans

Bana

Penn

Pune

Peon

Gol-e
Periw

Gol-e
Persi

Gol-e
Petu

Gol-e

Pine

Dera

Pine,

Kaj-e
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Kaj-e
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Plane

Chem

Popla

Tabri

Prim

Pamo
Quin

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Rhod

Arast

Saffl

Golra
Salvi

Gol-e

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Abris

Snap

Gol-e
Spira

Gol-e
Sprue

Seno
Stag

Som

Sunf

Aftab
Tama

Gaz
Tree-

Arar

Trum

Pich-
Tube

Gol-e
Tulip

Gol-e
Uprig

Seno
Verb

Verve

Wate

Nilou

Willo

Beed

Willc

Beed

Willc

Beed

Willc

Beed

Wint

Gol-e
Wist

Glisi

Yello

Gol-e

Yew

Sorkh

Zinni

Gol-e

615

APPE

Brea

Hot b

Hot s
Feta c
Butte

Fig or
2. Frie
Hot b

Hot s

An a

Halin

Hot t

2. He

Tripe

Hot b

Hot s

Lun

Grou

kabal

Lavas

Yogu

2. Egg
Sour
Cucu

Fresh
Sour

Spri

Rice r

Yogu
Brea
Fresh

Fruit

Hot t

2. Stu

Yogu
Bake
Fresh

Fruit

Hot t

3. Fre

Drain
Fresh
Hot b

4. Pot
Fava
Chick

Fresh

Bread

Yogu

Melo

Hot t

Sum

Yogu

Eggp
Fresh
2. Ror

Chick

lavas

Fresh

3. Col
Fresh
Meat

Win

Any c

Heart
Fresh
Parad

Hot t

2. Any

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Vineg
3. Bak

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Pickle
Cucu

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4. Po

Jewe

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Melo

5. Cre
Stuffe
Saffro

Fresh
Melo
Hot t

Sun

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Grille

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Cucu

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Yogu

Din

Pista

Oran
Salad
Hot t

2. Qu
Bake
Salad

Yogu
Quin

New

Nood

Fresh

Fresh

Smok

Cucu
Brea
Pickle

Melo

Hot t

Pers

Swee

Sour

Butte

Saffr

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Saffr
Hot t

Wed

Swee

Stuffe
Chick
Fresh

Fresh
Potat
Pome

Toma

Fun

Rice w
Rice w
Saffr

Dates

Fruit

To m

ME

616

FOOD

LIQU

U.S.

METH
UK (

1 TEA
5 ML

1 TEA

2 TEA

10 M

1 DES

1 TAB

15 ML

1 TAB

2 TAB

30 M

2 TAB

¼ cu
60 m

4 TAB

⅓ CU

80 M

8 DES

½ CU
120 M

SCAN

⅔ CU

160 M

¼ PI

¾ CU

180 M

GENE

1 CUP

240 M

SCAN

2 CUP
480 M

GENE

2½ C

600 A

1 PINT

3 CUP
720 M

1¼ P
4 CU

960 A

1½ PI

5 CUP
1.2 LI

2 PIN CUPS

LITER

1 POU

1 KILO

OUNC

GRAM

U.S. &
METR

1 oz.

28 G

3½ o
100 c

¼ PO

112 G

⅓ PC

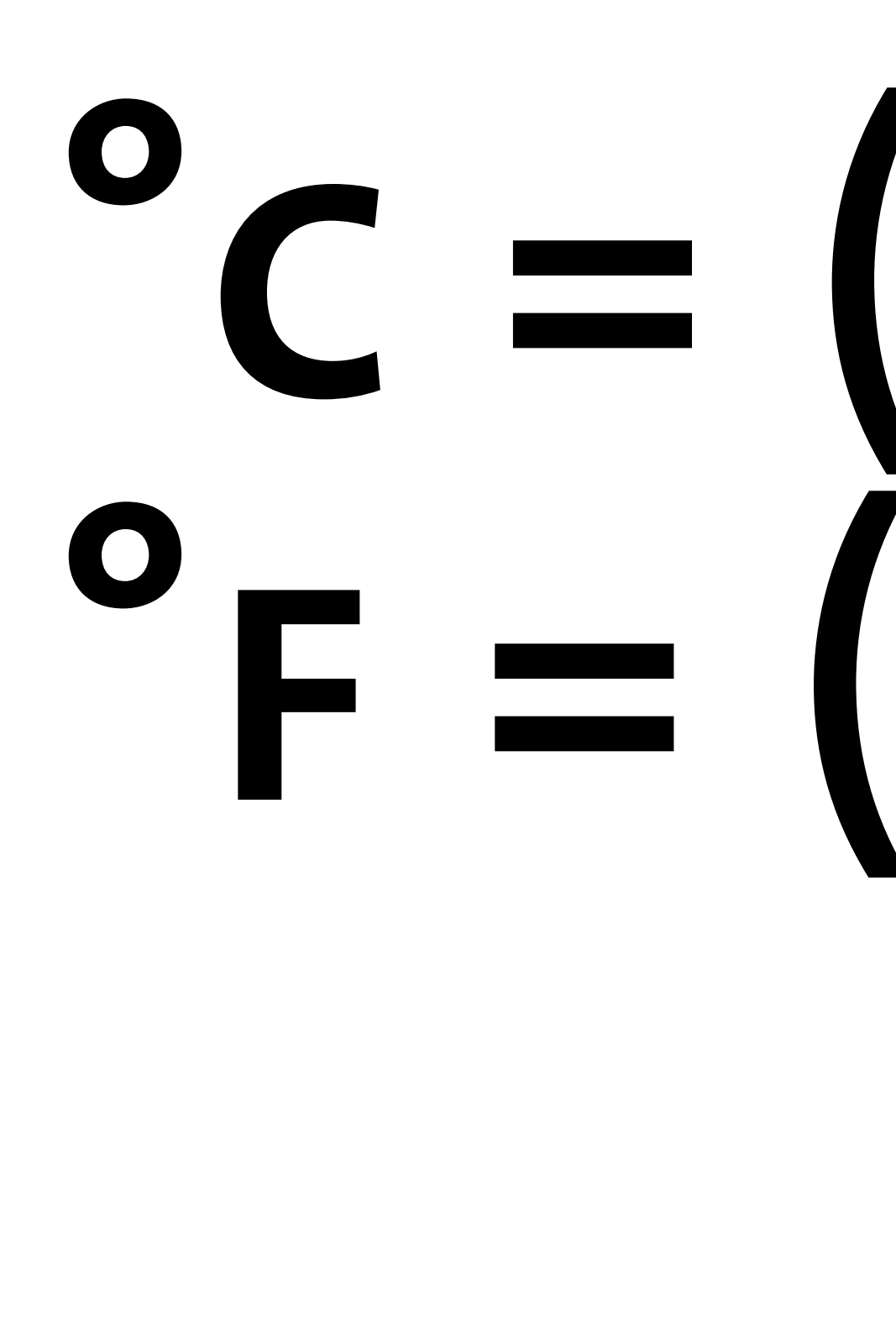
150 G

½ PO
225 G

1 pou
450 g

2.2 PO

1 KILO



FAHR

CENT

200°

95°

250°

120°

300°

150°

350°

180°

400°

200°

450°

230°

500°

260°

U.S. &
METR

¼ IN
6 MM

½ IN

13 M

1 INCH

2.5 CM

2 INC
5 CM

3 INC
7.5 CM

6 INC
15 CM

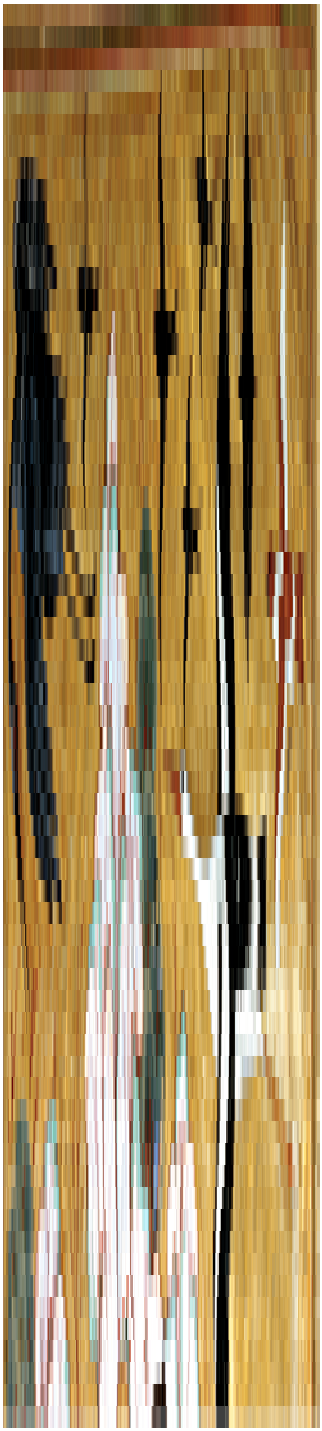
1 FOO
30 CM

Note
EQ

OVE

SOLI

LINE



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For t

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FOOD

NO

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APPE

NO

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S1997
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“Haji

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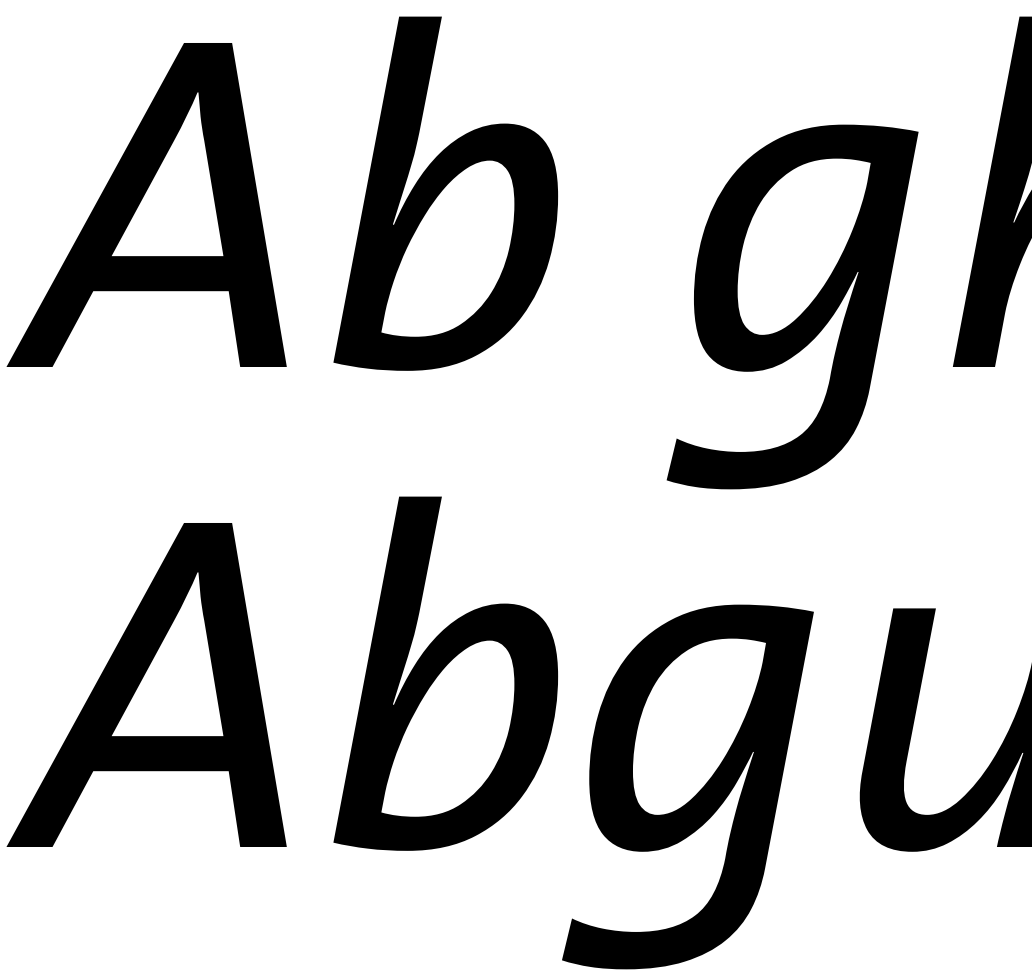
Abdu

Ab-e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beh,

bozb
laper

morg
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Adas

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Advie

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and K

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and

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and C

and C

and C

and C

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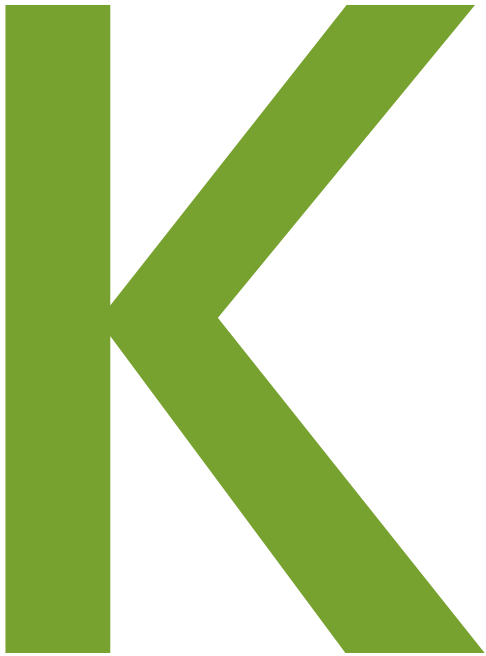

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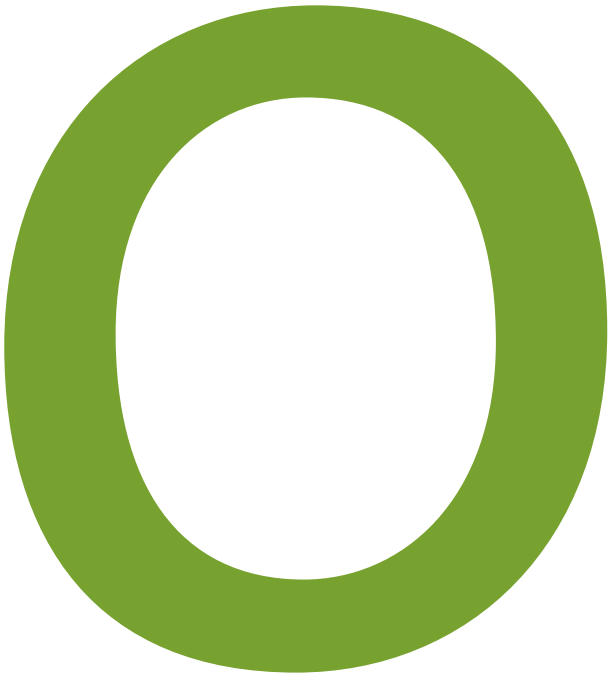

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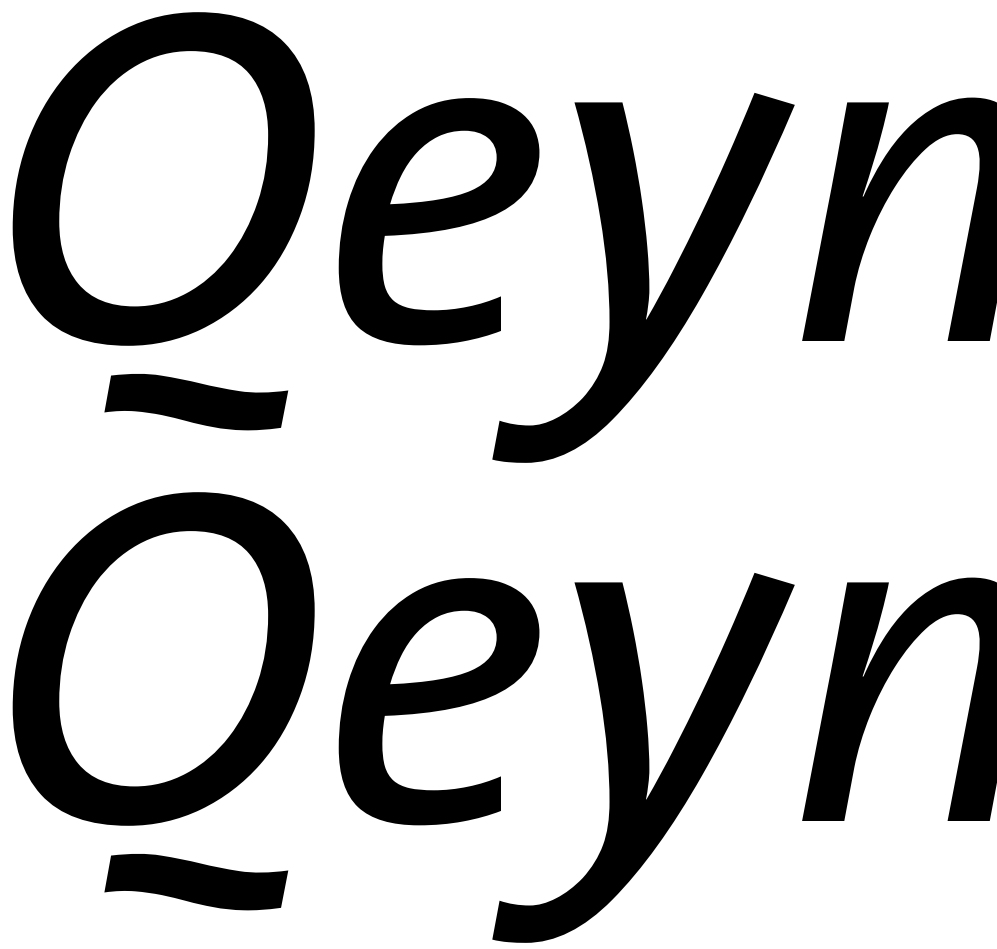

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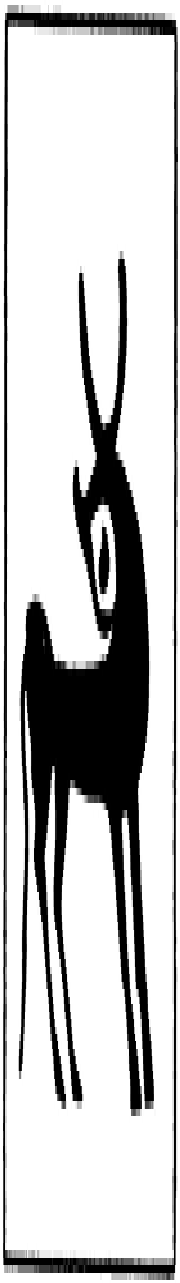

Najmieh is the goddess of Iranian cooking. . . .One of t
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A classic cookbook made even better. . . .Gorgeous expanded
—*russ parsons*, los angeles

Divine cookbook. . . .Stunningly be
—*alice*

I love Persian food. . . .Exceptional cookbook, full, heavy, an
—*martha s*

Chefs across the country are at the forefront of Najmieh's fa
They know what's good, and they are inspired by the ingredie
techniques she brings to th
—*bonnie s. benwick*, the washingto

This summer's most coveted tome. . .the saffron-scented p
which are guaranteed to create luscious new sense mem
and inspire future dinner invi
—

Too delightful to
—the new york

Najmieh Batmanglij suggests in book form what "Babette's Feast" a
Water for Chocolate" did through film, that the art of good
involves something more personal and soulful than careful measure
involves an ongoing process, a historical process, evolving gradually and passing traditionally from kitchen to kitchen and generation to generation. Cuisine, in essence, is every bit a cultural rendering.
—middle east studies journal

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